

Connecticut Guardian

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HARTFORD, CT

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Welcome Home, Daddy!



The
141st
Medical
Company
returns
home
after a
year in
Iraq

Abby Cyr has lots to say her dad, Sgt. 1st Class Jason Cyr, at his unit's homecoming at the New Britain Armory Oct. 17. Seventy Soldiers from the 141st Medical Company provided emergency medical services as well as hospital support while in Iraq. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd Fighter Wing)

Commander's Corner

Preparing for the Holidays

Publication of the November 2005 issue of the Guardian marks the beginning of a yet another busy holiday season for all our members. To the nearly one thousand members of the Connecticut National Guard and their families who are deployed or facing deployment shortly after the holidays, these are especially stressful times.

As I write this, nearly two-hundred of our



Connecticut National Guard Soldiers and Airmen are deployed in Southwest Asia with nearly one thousand preparing to deploy early next year. Those deployed, preparing to deploy and recently returned Soldiers and Airmen at last count account for over 750 dependent family members, including over 300 minor-age children. Some of these families have or will experience emotional – and financial stress — brought about by the call of their loved one to active service.

Over the past two holiday seasons there has been a very special military support program that was first championed by our then Lt. Governor M. Jodi Rell. Its purpose was to reach out to (Embrace) the families of deployed service members (Lonely Families) ELF. Governor Rell has indicated she sees the need this year to expand the reach of Operation ELF to include the families of those who have just returned and perhaps not yet readjusted and those who are preparing to deploy and find themselves in need.

The focus of Operation ELF 2005 will therefore be to help the families of Connecticut service members who might

need assistance getting through the process of preparing for, adjusting to and enduring the deployment of their loved one.

For those of us who find ourselves in a position to contribute to this years' effort we are looking for donations of new, unwrapped toys for all age groups 0 to 18. Donations of grocery and department store gift cards along with phone cards are definitely appropriate for the holiday effort. Donations of fuel oil, snow removal services and the like will go a long way to helping families through the roughest part of winter..... Finally, financial contributions to operation ELF may also be made through the not for profit Connecticut National Guard Foundation, Inc.

To the over 4000 Soldiers and Airmen of the Connecticut National Guard and your families I wish for you all a happy and safe holiday season.



MAJ. GEN.
THAD MARTIN

Perspectives

Of all the veteran's benefits available to you, which do you value the most and why?



MASTER SGT. JAY A. FOURNIER
103RD LOGISTICS READINESS SQUADRON

"For me, going from full-time technician to AGR status, the biggest benefit is not having to pay for medical or dental coverage. That, alone, has saved me a lot of money."



MASTER SGT. FENTON J. LEWIS
103RD LOGISTICS READINESS SQUADRON

"I haven't needed the tuition assistance, the VA loan, GI Bill, or the medical benefits. The most valuable things to me are the camaraderie, the friendship, working together as a team. I believe that friendship is essential to the soul."



STAFF SGT. DANIEL K. DUMOUCHEL
103RD LOGISTICS SQUADRON

"There are so many great benefits for furthering your education that it's difficult to single out just one. I guess I would narrow it down to tuition reimbursement. That's what initially drew me to the Guard. It obviously has made my college education more affordable."



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First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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Medical company returns home

STAFF SGT. CAROLYN A. ASELTON
103RD FIGHTER WING PUBLIC AFFAIRS NCOIC

The bright sunshine under which loved ones waited paled in compassion to their smiles that beamed when the bus carrying returning Soldiers finally arrived.

There were cheers and tears, hugs and handshakes as 70 Soldiers from the 141st Medical Company returned to eager family and friends at the New Britain Armory after a year-long deployment overseas in support of Operation Iraqi Freedom.

Yellow balloons, American flags, homemade signs and special maroon “Welcome Home” T-shirts were everywhere inside and out of the armory as family members waited just a little bit longer for the bus carrying the Guardsmen to make its way to Connecticut from Ft. Dix, N.J., the unit’s demobilization station.

The Soldiers mobilized in October 2005 and arrived overseas in December where they processed through Kuwait before making their way to Iraq.

While in Iraq, the Soldiers provided area medical evacuation and support to a Combat Support Hospital (CSH) and provided emergency medical services.

Members of the unit deployed in 2001 to support a CSH in Bosnia as part of Operation Joint Forge.



Jennifer Adams of West Haven hugs her son, Spc. Bill Adams, tight after he returned home from Iraq Oct. 17 at the New Britain Armory. Spc. Adams is a member of the 141st Medical Company. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd Fighter Wing)



Staff Sgt. Krane Redic and his son Kai are all smiles at his return from a year-long deployment overseas with the 141st Medical Company at the New Britain Armory Oct. 17. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd Fighter Wing)



Loved ones surround Spc. Hector Latorre of the 141st Medical Company as he leaves the New Britain Armory Oct. 17 where his unit had returned from a year of active duty service in Iraq. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd Fighter Wing)

Army changes PLDC to Warrior Leader Course

The Army has announced that its Primary Leadership Development Course will be renamed the Warrior Leader Course, beginning Oct. 15, and officials said the new name reflects changes made to PLDC curriculum over the past year.

The course has been redesigned to better prepare Soldiers for asymmetrical warfare and now includes lessons learned in Iraq and Afghanistan, said Brig. Gen. James M. Milano, the Army's director of Training under G3.

"The new WLC will not only prepare Soldiers for traditional challenges, but irregular challenges as well," Milano said after reviewing all the changes made to the curriculum this past year.

WLC now emphasizes the skills and knowledge small-unit leaders need to excel in a contemporary operational environment, Milano said.

Academy helps revamp course

"We are a nation at war. We have taken the lessons learned from our deployments and incorporated them into our revised leadership course," said Col. David Abramowitz, commandant of the U.S. Army Sergeants Major

Academy, which played a major role in redesigning the PLDC curriculum.

"These changes add rigor and relevance to the course and improve leadership skills and confidence in our junior leaders," Abramowitz said. "The course is revolutionary and warrants a name change."

Warrior Leader Course is the right name for the new course, Abramowitz said, because it "espouses the tenets of the Warrior Ethos."

PLDC used an instructor-centered, exposure, and feedback system. Instruction consisted of lecture, classroom-based practical exercises, and a cognitive skills test. A short Field Training Exercise was the practical exercise used to evaluate combat leader skills.

The FTX, though, lacked standardization throughout the Army, said retired Sgt. Maj. Ron Schexnayder of the G3 Leader Development Division. He said a different approach was needed to produce a competent, innovative, adaptive and agile combat leader required by the current operational environment.

Changes stem back to ATLDP

The NCO phase of the Army Training and Leader Development Panel, known as ATLDP, was not about "fixing" the NCO Corps; rather, it was an introspection to determine how the Army could make a professional NCO Corps even better, Schexnayder said. He said since ATLDP, the Army has been in the process of transforming the NCO

Education System in an effort to design a system that would not dilute the warfighting focus of NCOES.

NCOES must remain focused on NCO core areas of leading, training, maintaining standards, caring for Soldiers, technical competencies and tactical warrior skills, Schexnayder said, while integrating greater conceptual and interpersonal skills.

Changes in the modular Army and operational environment now require decentralized leadership skills, Schexnayder said. He said a small unit leader is needed who can employ all warfighting functions rapidly.

Modular force needs versatile NCOs

The modular force structure and contemporary operational environment relies heavily on small-unit tactics. The demands of today's battlefield require leaders who can think independently, Schexnayder said.

The Warrior Leader Course is designed to provide the Army with NCOs who can visualize, describe, and execute squad-level operations in varied operational

environments, Schexnayder said.

"The WLC places the responsibility of training individual Soldier skills back on the junior leader," said Command Sgt. Maj. James E. Dale of the Sergeants Major Academy. "This course prepares him/her to assume that role."

WLC is battle-focused

Graduates of WLC will have experienced standard-based, performance-oriented and battle-focused training, which supports squad-level operations, Schexnayder said. Every specialist (promotable) and sergeant in an all-volunteer Army require training as combat leaders, he said.

The WLC is now tailored to the environment in which the Army operates today, Schexnayder said. Every student now receives detailed squad-level combat leader training. This learner-centered and outcome-based approach reinforces all small unit tactics, techniques, and procedures, he said.

The WLC incorporates recent lessons learned, Schexnayder said. As such, he said the course constantly adapts to world threats by incorporating the experience from

the battlefield. Combat skills are trained and reinforced upon arrival, "Weapon immersion" is emphasized throughout the new course.

Training and evaluation as a combat leader now applies to every soldier. Evaluation is centered on the NCO's ability to demonstrate troop-leading procedures in current threat-based scenarios.

New STX is now 96 hours

The combat focus of the course culminates in a 96-hour Situational Training Exercise or STX. Nine battle drills and 39 warrior tasks are the framework driving the planning, preparation, rehearsal and execution of all squad operations. This STX is competency-based, battle-focused, grounded in a combat scenario, driven by troop-leading procedures, officials said.

Instructors must complete certification before leading and evaluating students. The WLC also requires trainers to have squad leader and platoon sergeant experience and to be certified to teach the entire curriculum.

NCOES has been changing since WWII

The post-World War II NCO Academies at division level began a great tradition of NCO education that continues today. The concept was later adopted Armywide, but it initially provided education only to Combat Arms Soldiers. PLDC integrated Soldiers from all fields, but instructors were not certified.

The Warrior Leader Course is the first course to apply the same combat leader-specific training standard for all Soldiers, regardless of gender or background, Schexnayder said.

G1/G3 set long-term goals

The long-term goal is to train all specialists with promotion potential at the WLC, Schexnayder said. He said the course will teach specialists how to be an NCO and focus on leading, training, caring, maintaining, and warrior skills.

The WLC will prepare Soldiers for promotion to sergeant and for assignments in teams, crews, and squads. Conceptually, graduating Soldiers could be appointed to corporal upon graduation, he said — effectively symbolizing their transition from "follower" to "leader."

Gerald Purcell, a retired sergeant major now serving as a personnel policy integrator for G1 Enlisted Professional Development, said "In concert with this philosophy, and in an effort to ensure all Soldiers are trained before the Army asks them to perform at the next level, only corporals would attain eligibility for recommendation to sergeant."

This is strictly a long-term goal, explained Schexnayder, adding that there is currently no timeline to implement such requirements for promotion to sergeant.



PLDC students at the NCO Academy, Fort Campbell, Ky., go over an inspection checklist. The course has been revamped and renamed. (U.S. Army photo)

Wynne sworn in as 21st secretary

U.S. AIR FORCE ACADEMY, Colo. (AFPN) — Michael W. Wynne was sworn in Nov. 3 in front of 4,200 U.S. Air Force Academy cadets, during their noontime meal, as the 21st secretary of the Air Force.

In this role, he is responsible for the affairs of the Department of the Air Force, including organizing, training, equipping and providing for the welfare of its nearly 370,000 men and women on active duty, 180,000 members of the Air National Guard and the Air Force Reserve, 160,000 civilians and their families.

As head of the Department of the Air Force, Secretary Wynne is responsible for its functioning and efficiency, the formulation of its policies and programs, and the timely implementation of decisions and instructions of the president of the United States and the secretary of defense.

Wynne replaces Pete Geren, who has served as the acting secretary of the Air Force since July 29.

“I am grateful for the opportunity to serve alongside America’s Airmen and their joint service partners to keep our nation safe,” Wynne said. “With their dedication, skill and sacrifice, they offer an incredible array of options to the president and the nation — from taking the fight to the enemy, providing strategic intelligence to the joint force, or providing humanitarian assistance at home and internationally in the wake of natural disasters.”

Prior to appointment, Wynne served in the Department of Defense as the principal deputy under secretary of defense for acquisition, technology and logistics.



U.S. AIR FORCE ACADEMY, Colo. (AFPN) — Secretary of the Air Force, Michael W. Wynne, takes the oath of office from Pete Geren during his swearing-in ceremony today at Mitchell Hall here. Geren has been the acting SECAF since July 29. (U.S. Air Force photo by Charley Starr)

Wynne served in the Air Force for seven years, ending his service as a captain and assistant professor of astronautics at the

U.S. Air Force Academy.

Wynne graduated from the United States Military Academy and also holds a masters’

in electrical engineering from the Air Force Institute of Technology and a masters’ in business from the University of Colorado.

New SECAF sends ‘Letter to Airmen’

The following is a “Letter to Airmen” from Secretary of the Air Force Michael W. Wynne:

“It is an honor to serve as Secretary of the Air Force, and I look forward to working alongside you in keeping our Nation safe. Because of your dedication, skill, and sacrifice, the U.S. Air Force gives an incredible array of options to the President - whether it is taking the fight to the enemy or providing humanitarian assistance to those in the wake of natural disasters. As individuals you are each a national asset and essential to accomplishing the Air Force’s mission. As a seamless team, we are able to overcome any challenge.

In the past 14 years, the Air Force team has proven its mettle and skill every day. Since the days of DESERT SHIELD and DESERT STORM, our Air Force has been globally and continuously engaged in war. We must continue to show the same resolve and determination, in the Global War on Terror. It will be a long war, but one we will win.

Together, let’s affirm that today’s Air Force is Joint, has a clear mission, and a set of goals to spur continued success. We have a leadership team consisting of the Chief of Staff, General Mike Moseley, Under Secretary Dr. Ron Segal, Vice Chief General John Corley,

and the Chief Master Sergeant of the Air Force Gerald Murray that has my total confidence as we together set the standard for performance within the larger Defense Family.

The core values: Integrity First, Service Before Self, and Excellence in All We Do should continue to be internalized throughout the Future Total Force, and in our industry partners that we rely on for support. With these values translated into steady and unswerving resolve and actions, our Air Force will live up to the expectations of the Nation.

Now, some personal viewpoints. I see the MISSION of the Air Force as:

Deliver Sovereign Options for the defense of the United States of America, and its global interests — In Air, Space, and Cyberspace.

To do this, the Air Force must:

1. Prepare for and Participate in the Joint Fight, Anywhere, Anytime
2. Develop, Maintain, and Sustain the Warfighter Edge
3. Provide Motivated, Ethical, Accountable Air Force Warriors

Our GOALS in support of these mission elements include:

- Foster Mutual Respect and Integrity

This applies across the entire Future Total Force, and asks that each of us be accountable to this standard.

- Sustain Air Space and Cyberspace Capability

This applies to Human Assets, fostering Professional and Advanced Education as well as addressing the continuing aging and obsolescence of our equipment.

- Provide Persistent Situation Awareness

This applies to the Battlefield, and Airspace, and also extends to Cyberspace, Maintenance, Logistics, and Business. Knowledge Enabled actions are better.

- Joint and Battle Ready Trained Airmen

We must train as we fight, and that will be Joint. We must be as ready to be in firefights in all of our Battle Areas, and in support of our Joint Partners.

- Continue to improve the Total Force Quality of Life

While maintaining clear military goals, improving quality of life allows mission focus. Fostering Mutual Respect and support is the cornerstone.

- Open, Transparent Business Practices, Clean Audit

Provide the ability and oversight where we

are recognized as the Best in Class in business and management operations, throughout the Total Air Force.

- Foster Lean Processes across the Total Air Force

Lean is about Highest Quality, and Husbanding Resources; from completing BRAC actions, to flight line operations, and inventory.

We all can contribute.

In Summary: Knowledge Enabled Actions with an Accountable Airmen Ethic

Together with General Moseley and other senior leaders, I will work hard to address these issues and to ensure you have the tools you need. Meanwhile, I have no doubt that you will continue to keep America’s Air Force the greatest air, space, and cyberspace force in history, and an important part of the joint team defending our Country.

Thanks to all of you currently serving in our nearly 700,000 strong Active, Reserve, Guard, and Civilians as well as my predecessors in the role of Secretary and Acting Secretary for providing to our Air Force the best in terms of leadership and service to our nation. As I cross back into the Blue, I am forever grateful.”

Gov. Rell announces first inductees into Connecticut Veterans Hall of Fame

Gov. M. Jodi Rell has notified ten veterans that they have been selected to be inducted into the Connecticut Veterans Hall of Fame 2005.

"It is my distinct pleasure to inform these veterans that they will be honored by the grateful residents of Connecticut," Rell said. "The example they have set, the courage they have shown, and their spirit of public service is most worthy of the respect and admiration of all Connecticut citizens. As their Governor, I add my deep appreciation for their many contributions."

The inductees are as follows:

- Former President George Herbert Walker Bush
- Nathan Agostinelli of Manchester
- Bruce Ey of Wethersfield
- Lt. Ernest Plantz of Gales Ferry
- Dr. James Peters of Storrs
- Joseph Lombardo of Middlefield
- Giacomo "Jack" Mordente of Branford
- William Coffey of Plainville
- Randall Collins of Waterford
- Norman VanCor of Harwinton

"These veterans were selected from a field of over 70 nominations, which speaks to the

merit and distinction of their accomplishments," Rell said. "Indeed, all the honorees for this first class of the Connecticut Veterans Hall of Fame are representative of the finest qualities and selfless service of veterans across our state. Many festivities, including the Veterans' Day Parade, November 6th, have been planned to honor them.

"In accordance with my Executive Order No. 5, this Hall of Fame is an exceptionally appropriate tribute

and recognition for Connecticut's citizens who have served in the Armed Forces of the United States, returned home from their duties and continued to contribute to the enrichment of their communities, state and nation. This is, indeed, a historic event because it is the first time Connecticut will be honoring veterans with this prestigious award."

The ceremony will be held on Nov. 10 at 2:30 p.m. in the Hall of Flags at the State Capitol. Please contact

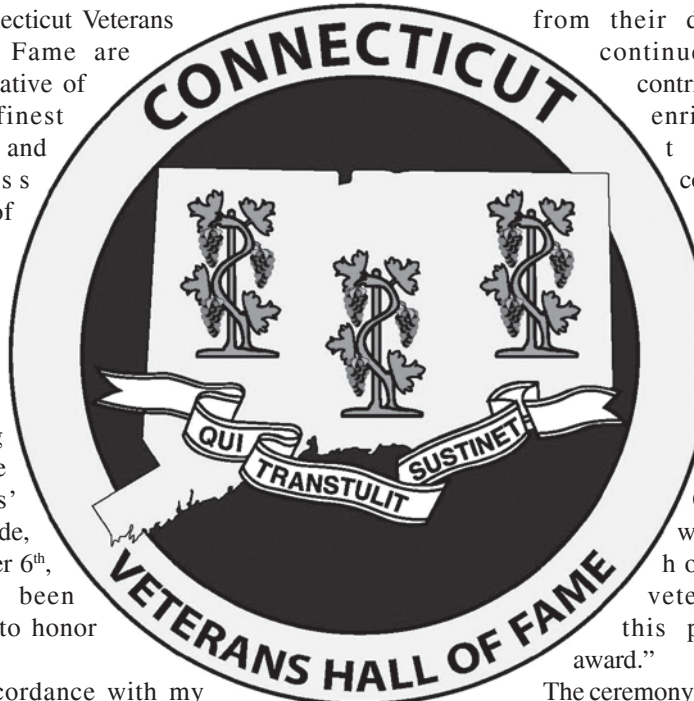
Commissioner Linda S. Schwartz at 860-721-5818 for additional information regarding the Ceremony.

On March 2, Rell created the Connecticut Veterans Hall of Fame to recognize the post-military achievements of generations of outstanding veterans from the state, living or deceased, and to spotlight their contributions to their community, including education, public safety, politics, recreation and other areas of public service.

Veterans who served in all military conflicts will be considered, including World War I, World War II, Korea, Vietnam, the Persian Gulf and Iraq.

Ten Connecticut veterans will be inducted each year, with the ceremony taking place annually around Veterans Day.

Nomination packets must not exceed 10 8½-by-11 pages and had to be received by June 30, 2005, to be considered for the 2005 induction class. Nominations received after June 30 will be considered for the following year's class. Packets can be accessed at www.ct.gov/governorrell/lib/governorrell/Nomination_Package_Final_25_Feb_05.pdf



Martin receives second star during ceremonies in governor's office



Adjutant General and Commander of the Connecticut National Guard, Thad Martin, receives his second star marking his promotion to major general. On his right is his wife, Kerry, and to his left is Gov. M. Jodi Rell. The women are pinning his new rank on while family members look on. Martin's promotion is a brevet promotion or a field or temporary promotion that has not yet been approved by the U.S. Senate. The recipient is entitled to certain privileges of rank based on custom or regulation but not to those based on law. The brevet promotion was approved by the National Guard Bureau. (Photo by 1st Lt. Celine Marini, Assist. State PAO)

Crash phone rings, Airmen take action

STAFF SGT. CAROLYN A. ASELTON
103RD FIGHTER WING PUBLIC AFFAIRS NCOIC

BRADLEY AIR NATIONAL GUARD BASE, East Granby – Every year, thousands of flights take off and land without incident at Bradley International Airport, but what would happen if a military cargo plane bringing home our Airmen ran into trouble? Would the Flying Yankees on the ground know what to do?

They would, and that is because of training the unit conducts annually. It is called a Major Accident Response Exercise, or MARE, and it took place Aug. 5.

“We always try to increase our preparedness and our ability to respond to these exercises or an actual emergency,” said Col. M. Gary Costello. “Our goal is to make sure that everybody’s got the required checklist and everybody knows what they have to do and does it in a timely manner.”

The training scenario was that the crew on an inbound USAF C-130 carrying 15 Flying Yankees alerted the air control tower that the plane had an in-flight emergency ten-minutes-out, which in turn notified the wing. When such an event happens, procedural checklists are employed and responding sections are contacted, such as security forces, fire department, command post, public affairs, the chaplain’s office and family support.

Outside the gates, municipal agencies are involved as well, like the local police and fire departments. In addition, civilian media heard on a police scanner about the incident, called the base for more information and headed to the area.

Upon landing the C-130 went off the end of the runway into the wooded area near the Connecticut Fire Academy and burst into flames.

The public affairs office handles the media. 2nd Lt. Jefferson Heiland was the public affairs officer dispatched to the scene where he answered questions from reporters who asked if the public was in danger.

“Whenever you have any kind of situation like this, we want to err on the side of caution,” he said. “Any time we have an incident of this nature we are going to have the area sealed off to minimize that potential danger.”

When the security forces squadron was notified of the emergency, it sent a team to the crash area.

“We set up an ECP, an entry control point, so that we could allow only the emergency personnel into the area,” said 2nd Lt. Steven Falusi, operations officer, 103rd Security Forces Squadron.

Some of that emergency personnel were the base firefighters, who fought the fire and provided first aid to the victims. For the

exercise, the Airmen fought a real fire at the fire academy. They dressed in their fire gear and drove their fire trucks to the training grounds, where they extinguished a fire on an apparatus that simulates an aircraft.

Members of the student flight acted as casualties, complete with torn uniforms and simulated broken bones, lacerations and shock.

“It was fun,” said Airman 1st Class Alex Guerzon, one of those members.

In efforts to make the training as real as possible, one Airman, whose wife was a passenger on the cargo plane, was escorted to base headquarters to sit with the chaplain while other family members arriving on base were met by family support program personnel.



WINDSOR LOCKS – Firefighters Tech. Sgt. Matthew P. Jamieson, Tech. Sgt. William H. Towers Jr. and Staff Sgt. Jason D. Caron, 103rd Civil Engineer Squadron, strategize at the Connecticut Fire Academy during a Major Accident Response Exercise, in which a simulated C-130 aircraft carrying fellow unit members ran off the runway after landing Aug. 5. A MARE is an annual training requirement for the 103rd Fighter Wing. (U.S. Air Force photo by Senior Airman Erin E. McNamara, 103rd Communications Flight)

Senior NCO Dining-In



Guest speaker Sgt. Maj. D. Scott Frye, shares a laugh with State Command Sgt. Maj. Raymond Zastaury.

A night of camaraderie and tradition

Photos by Tech. Sgt. Michelle R.Thomas, 103rd Comm. Flight



Mr. Vice - Sgt. 1st Class Mike Straite



The traditional Punch Bowl Ceremony always brings laughter to those gathered around the punch bowl.



Sgt. Maj. D. Scott Frye, Sergeant Major for teh North Americam Aerospace Defense Command and United States Northern Command, was the guest speaker for the 24th Annual Senior Nco Dining-In held at the Aqua Turf in Southington.

Connecticut Infantry and Engineers, come on over to Afghanistan

COL. RON WELCH
CTARNG - AFGHANISTAN

Dear Connecticut Leaders and Soldiers;

This letter is written to you from Afghanistan with great excitement on your upcoming mission in support of the Nation of Afghanistan, which is rapidly “rising from the ashes” after more than twenty years of war. There is still much work to be done in Afghanistan, just a few examples are; training the Afghan National Army (ANA), and Afghan National Police (ANP), conducting combat operations, security, stability and nation building.

The current assignment I have had for the past five months is as an Embedded Training Teams (ETTs) Senior Mentor and Commander of US ETTs of an ANA Bde. Our mission statement is to train, mentor, advise and conduct operations with the Afghan National Army in order to enable the ANA to become a more professional organization capable of conducting operations to defeat local threats to Afghan security. Our Combined Joint Operational Area (CJOA) is in the eastern zone in the vicinity of Jalalabad. We conduct operations in four Provinces; Nuristan, Laghman, Konar and Nangahar.

Some ideas you may want to consider as you prepare for your journey to Operation Enduring Freedom (OEF); this list is not all inclusive, the intent is to give you some focus.

· Family support programs; as many of you are aware Ms. Kim Hoffman and her

team runs one of the best programs in the nation. If you are not familiar with her team, link up with them now! One of the most difficult parts of being deployed is missing your family and events that happen while you are gone - the Family Program may be able to assist on the home front.

· Afghan Culture; learn what you can about Afghan culture. Afghanistan has more than 30 languages and six major tribes; Pashto, Tajik, Uzbek, Pashe, Nuristani and Hazara.

· Books; Many good books have been published on Afghanistan. A few that are circulating around our team you may consider reading: This Man’s Army by Andrew Exum; The Other Side Of The Mountain by Jalali and Grau; The Sewing Circles of Herat by Christina Lamb and Taliban by Anmed Rashid.

· Maps: Spend some time doing a basic map study. Most military maps are 1:100,000, we have been operating in large areas of operation. Don’t leave home without a GPS.

· Be flexible: The mob station can be a high and low OPTEMPO place, you may not have specifics on your mission until you arrive in country.

· War and Peace: Afghanistan was at war for more than 20 years before we arrived, most want peace.

· Weapon Clearing: Work on weapon clearing procedures by the numbers.

· Physical Training: Do an entire general body work out and include ruck marches on hilly terrain. The altitude generally ranges from 1,500’ to 14,000’. The mountains are steep and rough to move on when dismounted.

· Tactical Preparation: Pre-combat checks (PCCs) and Pre-combat inspections (PCIs), Troop Leading Procedures (TLPs) and simple battle drills are essential.

· Marksmanship: Everyone Soldier needs good shooting skills with their individual weapon with optics.

· Convoy Ops: Do convoy ops by the book, bring all basic issue items (BII) for each vehicle.

· Combat Lifesaver: Send as many Soldiers through Combat Life Saver (CLC) as possible.

· Improvised Explosive Devices (IEDs): Awareness and hands-on training are essential; the good news is we have some technology that helps reduce some threats.

· Packing List: Try to get a good packing list up front with your HHQs, space is limited.

· Time distance: Travel in Afghanistan is completely different that what you are used to, today for example it took us more than five hours to convoy 105 kms. The roads are very narrow, mountainous, dirt with a major amount of dust, no guard rails and many times fast moving rivers below.

· Play it safe: Sounds like the media is making this another forgotten war, don’t underestimate the situation - this can be a dangerous place.

· Driver Training: Good day and night driver training is very important, no speed limits or traffic laws, you see everything from large trucks to donkey carts.

· Food and Water: Only eat and drink

from approved sources or you will get ill.

· Tactical Communications: Attempt to train with SINGARS prior to arriving in country.

· Medevac and Close Air Support (CAS): You will receive training at your mob station, when you have time practice the nine line formats.

· Sanitation: Poor in Afghanistan. Take your Malaria medication everyday. Personal hygiene and foot care real important.

· So why me? If you were not needed, you would not be called. Many positive things are happening in Afghanistan. The first ever National Assembly & Provincial Council Elections just occurred. Many of the Al-Qaeda, Taliban and others that threaten our freedom in the United States and around the world have been eliminated. Children are going back to school, major road and infrastructure improvements are underway, participation from coalition forces is good, and the lucrative drug trade is being cut way down. With your professional military assistance, security, stability and prosperity will occur in Afghanistan.

So in closing, all of you fine Connecticut National Guard Soldiers and leaders, I wish the best to you and your families during this holiday season, and in your preparation and deployment to Afghanistan.

Very Respectfully,
Col. Ron Welch



Col. Ron Welch (r), a member of the Connecticut Army National Guard, is in Afghanistan and has written to members of the 102nd Infantry and 242nd Engineers on how best to prepare for their upcoming deployment to Afghanistan. Welch decide to write after reading about the deployment on a major Connecticut newspaper's website. (Photo courtesy Col. Ron Welch)

Business transformation plan addresses troop pay issues

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Oct. 26, 2005 — Improving the process that provides servicemembers with correct pay and allowances is part of the Defense Department's plan to modernize its business practices, senior DoD transformation officials said here today.

DoD is attuned to troop pay issues, Thomas B. Modly, deputy undersecretary of defense for financial management, told reporters during an interview at the Pentagon.

Fixing military pay issues is also a part of DoD's transformation efforts, Modly said.

Ensuring servicemembers receive their proper pay involves knowing how to actually make payments and also recognizing personnel actions that affect pay, Modley said.

DoD currently lacks an overarching

system to integrate pay-related personnel actions occurring in the field — such as inputting an authorization for combat or danger pay — with pay disbursement made by the Defense Finance and Accounting Service, Modly said.

Unit personnel specialists cause some errors that lead to troop pay problems, Modly said. Inaccurate data is then integrated into the pay system, which produces paychecks that don't jibe with servicemembers' expectations.

Defense Secretary Donald H. Rumsfeld has vowed to modernize and transform the department to improve its across-the-board efficiency, including issues like military pay. In fact, DoD is slated to invest \$4.2 billion for agency-wide business modernization in fiscal 2006, Paul A. Brinkley, deputy undersecretary of defense for business transformation, said.

As part of this effort, DoD will stand up a new Business Transformation Agency that will be headed by a career civil servant to be selected in coming months, Brinkley said.

Brinkley said the Business Transformation Agency isn't a bureaucratic exercise. Its purpose, he explained, is to help direct and coordinate the modernization of DoD's business operations.

The Defense Integrated Military Human Resources System is a key program under the BTA's purview that's envisioned to improve military-pay operations.

Army Reserve Maj. Gen. Carlos D. Pair, currently chief of staff for U. S. Transportation Command at Scott Air Force Base, Ill., was recently designated as the first defense business systems acquisition executive. Pair is slated to start his new job Nov. 14. He'll be a key member of the BTA

leadership team, Brinkley said. Pair will have executive responsibility and oversight of DoD-level acquisition programs, Brinkley said.

Pair will also be involved with oversight of the Defense Integrated Military Personnel Pay System, Modly noted. He noted that DoD has always placed a high priority on solving servicemembers' pay problems.

Recent press reports citing pay problems among deployed servicemembers referred to incidents that occurred months back, with most having been resolved long ago, he said.

In fact, troop pay mix-ups have come down substantially in the past year, Modly said.

DoD and service-branch pay officials are now confident about the quality of service devoted to ensuring that servicemembers receive the correct pay, Modly said.

New Personnel System's final regs sent to Congress

JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Oct. 26, 2005 — Ending a nearly two-year process, the Defense Department has presented the final National Security Personnel System regulation to Congress.

Acting Deputy Defense Secretary Gordon England said at a Pentagon news conference today that Congress has 30 days to review the final regulations.

The regulations will take effect Nov. 25. The changes ultimately will affect 650,000 of the 750,000 DoD civilian employees.

Once adopted, the labor-relations portion of the system will take effect immediately. "The human resources portion - the new pay bands, the pay-for-performance system, etc. - is scheduled to progressively begin in February," England said.

Some 60,000 employees are in the first group, or "spiral," to come under the new program, officials said. But human resources officials will be very deliberate in how the program goes, England said. In fact, the system will go through a six-month "mock period" before becoming effective.

"That is, at the end of six months, we will evaluate," England said. "We will act as if this was for real, but it will be a mock exercise in terms of the results that we can learn."

During the mock period, DoD employees will receive pay raises as in the past. It isn't until January 2007 that the pay-for-performance portion of the system kicks in for real, officials said. "So we have all of next year to implement the system before it really counts," England said. "And we will then progressively put people in, and each time learn from those experiences and improve the system."

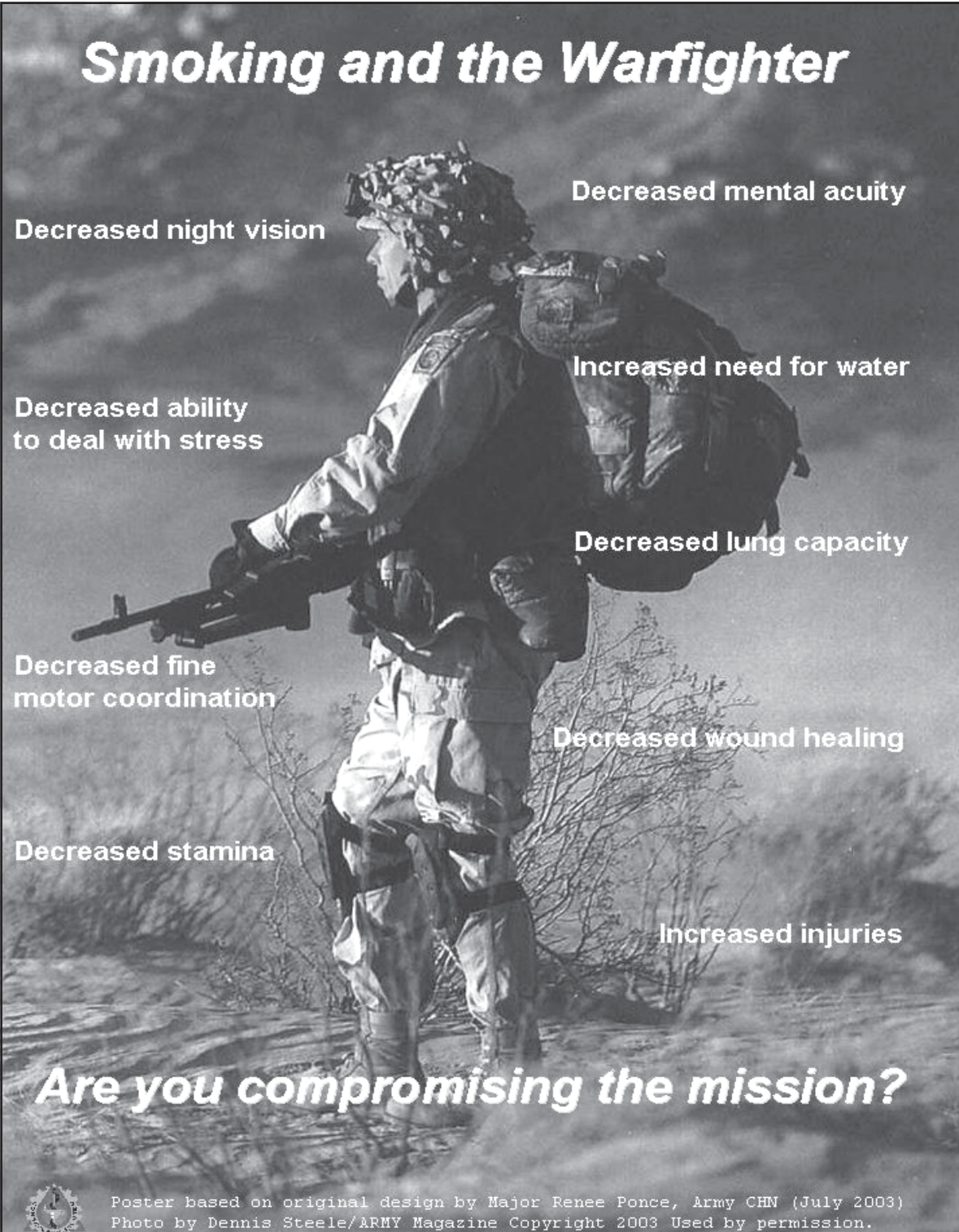
The deputy secretary said that if problems arise, DoD will halt the program and adjust it. "We want the system to work right for everyone," he said.

Setting up the system is enormously complicated, said Mary Lacey, program executive officer for the system. Training is a large part of the system, and DoD has been training human resources people and supervisors how the system should work.

"It also involves the training of line managers who are actually going to operate the system and have an increased role in the system than they've had in the past in making determinations and decisions, as well as every employee," Lacey said.

DoD employees will receive training in the system, Lacey said.

Office of Personnel Management Director Linda Springer said the system protects the principles that protect federal workers: merit systems principles, due process and veteran's preference. "I can tell you today that all of those have been preserved and have been adequately maintained in these regulations," she said.



Smoking and the Warfighter

- Decreased night vision
- Decreased mental acuity
- Increased need for water
- Decreased ability to deal with stress
- Decreased lung capacity
- Decreased fine motor coordination
- Decreased wound healing
- Decreased stamina
- Increased injuries

Are you compromising the mission?

Poster based on original design by Major Renee Ponce, Army CHN (July 2003)
Photo by Dennis Steele/ARMY Magazine Copyright 2003 Used by permission.

Commentary

One life lost is one too many

SGT. KEN HALL

WASHINGTON (Army News Service, Oct. 27, 2005) – With Americans killed in Operation Iraqi Freedom surpassing 2,000, many Americans feel we are crossing a solemn threshold.

“Each loss of life is heartbreaking,” said President Bush Oct. 25 at an annual luncheon honoring military officers and their wives at Bolling Air Force Base in Washington, D.C. “And the best way to honor the sacrifice of our fallen troops is to complete the mission and lay the foundation of peace by spreading freedom.”

Heroes are more than numbers to those left behind.

News headlines depict the number as a “milestone,” but this may be a lackluster description to the seriousness and sensitivity of America’s loss of life.

“The first life lost was the milestone,” said retired Sgt. Maj. Gary G. Beylickhian, a combat veteran of the Korean War and Vietnam Conflict. “I’m not sure where the news organizations got the idea that 2,000 lives lost is a milestone. This is a reality that should be left out of semantics when we’re talking about real human beings here, not numbers.”

What numbers really represent


Many media have reported 2,000 combat deaths in Iraq, but about 22 percent of the casualties are actually non-combat-related, including accidents and illnesses.

In addition, not many newspapers mention the more than 200 of America’s best who have also paid the ultimate price in Operation Enduring Freedom, in and around Afghanistan.

Picking up the pieces in the wake of war

Thousands more wounded in the War on Terror have returned home to families and communities, some with permanent, life-long injuries. As media organizations keep pace with the numbers of casualties, and anger felt by a bereaving nation, critical and compassionate family support is taking place behind the scenes.

One injury or life lost today will be just as important as yesterday’s casualties or those we may endure tomorrow in order to achieve a final, lasting victory in the War on Terror.



Pause and remember our veterans

COMMENTARY BY GEN. BRUCE CARLSON

Air Force Materiel Command commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Today we call it Veterans Day. In years past it was called Armistice Day. But regardless of how we label it, it remains a day on which we pause to pay tribute to the Airmen, Soldiers, Sailors, Marines and Coast Guardsmen who have served our country. By taking time to remember, we honor those who have made, and continue to make, sacrifices for our country.

Freedom has never come free of cost. For those who have put their lives on the line for our country, freedom has a special meaning that most people never know.

Ask a veteran who stormed Omaha Beach in World War II, who almost froze on Korea’s Chosin Reservoir, who slogged through the steaming Mekong Delta in Vietnam or who is still fighting Al-Qaeda in Afghanistan and Iraq. These people know the meaning of freedom.

Since World War II, some 26 million Americans have patrolled the skies, guarded our shores and served on the flightlines, front lines and supply lines. Right now, Airmen, including many from AFMC, are on alert around the clock on the Korean Peninsula, or taking the fight to the enemy in the 100-plus degree temperatures of the Middle East.

The U.S. Air Force flies an average of 150 sorties a day over Iraq and 75 a day over Afghanistan — sorties made possible by the AFMC military and civilian Airmen who deliver our warfighting capabilities on time and on cost.

But our Airmen’s contributions are not limited to the battlefield.

They are continually participating in many humanitarian efforts. The Air Force delivered more than 17,000 tons of supplies for victims of hurricanes Katrina and Rita. Our Airmen have flown nearly 50,000 evacuees to safety and aeromedical evacuation teams airlifted thousands to treatment facilities. Our pararescuemen rescued more than 6,500 in the aftermath of those devastating storms.

As this year marks the 60th anniversary of the end of World War II, fewer of the “greatest generation” remain. But because of those veterans’ past, we are free. And because of veterans present and future, we’ll remain free.

Please join me this Veterans Day as we pause, remember and say thank you.

COMMISSARY & EXCHANGE DIRECTORY				
Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.				
AIR NATIONAL GUARD East Granby TUESDAY – FRIDAY: 10:00 – 5:00 SATURDAY: 10:00 – 4:00 SUNDAY & MONDAY: Closed UTAs: Open Saturday & Sunday: 10:00 – 5:00 Phone: (860) 653-6994	CAMP ROWLAND POST EXCHANGE MONDAY: Closed TUESDAY – SATURDAY: 10:00 – 5:00 SUNDAY: 10:00 – 4:00 Phone: (860) 739-9672 COAST GUARD STATION 120 Woodward Avenue New Haven, CT MONDAY – FRIDAY: 9:00 – 4:30 SATURDAY: 9:00 – 2:00 SUNDAY: Closed Phone: (203) 468-2712	WEST POINT, NEW YORK Exchange Hours: SATURDAY – WEDNESDAY: 10:00 – 6:00 THURSDAY & FRIDAY: 10:00 – 7:00 Phone: (914) 446-5406 Commissary Hours: MONDAY: Closed TUESDAY & WEDNESDAY: 10:00 – 6:00 THURSDAY: 10:00 – 7:00 FRIDAY: 10:00 – 6:00 SATURDAY: 9:00 – 5:00 SUNDAY: 11:00 – 5:00	SUB BASE, NEW LONDON Exchange Hours: MON., TUES., WED., FRI.: 9:00 – 6:00 THURSDAY: 9:00 – 7:00 SATURDAY & SUNDAY: 9:00 – 5:00 HOLIDAYS: 9:00 – 4:00 Phone: (860) 694-3811 Commissary Hours: MONDAY: Closed TUE., WED. & FRI.: 9:00 – 6:00 THURSDAY: 9:00 a.m. – 10:00 p.m. SATURDAY: 8:00 – 5:00 SUNDAY: 10:00 – 5:00	WESTOVER AIR FORCE BASE Chicopee, Mass. MONDAY – FRIDAY: 10:00 – 5:00 SATURDAY: 10:00- 5:00 SUNDAY: 11:00 – 5:00 Phone: (413) 593-5583 COAST GUARD ACADEMY New London MONDAY – FRIDAY: 9:00 – 5:00 SATURDAY: 9:00 – 3:00 SUNDAY: Closed Phone: (860) 444-8488

Around the Guard



Yorski receives Bronze Star

Staff Sergeant Joseph Yorski of Central Connecticut, a member of 143D Military Police Company, received the Bronze Star Medal on 23 October 2005. The honor was presented to Yorski for actions as a MP Squad Leader during Operation Desert Scorpion while deployed in western Baghdad for Operation Iraqi Freedom. In civilian life, Yorski is employed by the New Britain Police Department as an Evidence Custodian. He was a former member of the 143D MP CO during Operation Desert Storm and after returning from a break in service has been a member of the Connecticut Army National Guard for 3 years, and currently is assigned to the 143d Military Police Company as a Combat Military Police Squad Leader. (Photo by Sgt. 1st Class Marc Pucinski, 143rd MP Co.)



Members of B and D Companies, 189th Aviation meet up with fellow Connecticut Guardsmen from Co. G 126th Aviation in Iraq. (Photo courtesy Sgt. 1st Class Barbara Pepin, G/126th)



G, 126th Aviation Company commander, Maj. Tim Seery had the chance to spend some time with the commander of Co. B, 189th Aviation, Maj. Mark Strout in Iraq. (Photo courtesy Sgt. 1st Class Barabara Pepin, G, 126th)



Brothers in Arms

WO1 Christopher Jasion and Sgt. Steven Jasion, brothers in the Connecticut Army National Guard, got a chance to spend some time together when Chris, a UH-60 pilot, returning from taking a Blackhawk Helicopter in for maintenance, was waiting for a flight back to Iraq at Ali Al Salem Air Base in Kuwait where Steve is serving as a Flight Operations Specialist. WO1 Jasion is a member of B/189 Avn. in Windsor Locks. He deployed only two weeks after completing flight school. Sgt. Jasion is a member of Detachment 6, OSACOM also in Windsor Locks. (Photo courtesy of Sgt. 1st Class Chris Nicholson)

Connecticut Military Department News

First Company Governor's Foot Guard celebrates 234th Anniversary, commemorates Rochambeau visit to Hartford

Sgt. Mark Boudreau
1st Co., Governor's Foot Guard

On Saturday, Sept. 24, the First Company Governor's Foot Guard under the command of Commandant, Maj. Dennis Conroy, celebrated the 234th anniversary of the founding of the command and Rochambeau Day. Rochambeau Day is an annual commemoration of the meeting between Gen. George Washington and French Count de Rochambeau that took place in 1780 in Hartford. At that time, the First Company Governor's Foot Guard escorted Gen. Washington and Count de Rochambeau at that historic meeting where the plans were laid that led to the defeat of British General Cornwallis at Yorktown.

Activities began with a parade from the Foot Guard Armory on High Street to the First Church of Christ Cathedral where a memorial service was held. After the service, the command proceeded to the Old State House for a wreath laying ceremony and the playing of the French and U.S. national anthems. The parade then proceeded to the Ancient Burial Ground on Gold Street where a second wreath of honor was placed at the Foot Guard Boulder.

Attending this year's ceremony as special guests of the Foot Guard were, Lt. Col. Patrick du Tertre, a French reserve officer living in New York City, who represented the Republic of France and Gen. Vichon, the French Military Attaché in Washington.

The day culminated in a dinner held at the Foot Guard Armory at which du Tertre was the Foot Guard's guest. He delivered a message of friendship and mutual respect from the French government where he cited France's aid to the United State during the American Revolution and America's aid to France during two World Wars. du Tertre provided literature that described an effort undertaken by the French people so that by July 4, 2003 a red rose was laid on the more than 60,000 graves and 11 missing in action monuments of Americans that fell in France during WWI and WWII as a token of respect. He followed that with a very moving expression of his own feelings of respect and gratitude for the relationship between America and France.



Members of the Governor's Horse and Foot Guards celebrate Rochambeau Day, a day celebrating the founding of the command in 1771 and also the historic meeting between General Washington and Count de Rochambeau in Hartford in 1780 in which the Foot Guard participated. Pictured at the Old State House in Hartford, from left to right are: Col. Patrick du Tertre, Maj. Dennis P. Conroy, Commandant, 1GFG, Lt. Col. Rocco Laraia, past commandant, 1GFG, Maj. Janis Arena, Commandant, 2GHG, Maj. Peter C. Jenkin, Commandant, 2GFG and Maj. Andrew Arsenault, Commandant, 1GHG. (Photo courtesy of 2nd Lt. Frank Castro, 1GFG)

OPEN HOUSE

at the

The First Company Governor's Foot Guard

Monday, November 28, 8:00PM
Foot Guard Armory
159 High Street
Hartford, CT

- Tour the historic armory of the First Company Governor's Foot Guard
- Visit our museum and view artifacts from our 234 years of service
- Watch the full company drill and parade
- Hear the First Company Band

Everyone Welcome!

**Membership information
available**



visit us at:
Governorsfootguard.com

SOMEWHERE...

a bugle softly sounds
The message of renown,
And some inside their buildings wait
Until the flag comes down.

And others run to get their cars
Quite harrowed or dismayed,
Before retreat is played,
Not thinking of the flag or those
Who fought to keep it flying.

How many would be glad to stand,
Whose bodies now are mute,
Or have no hand that they might raise
And stand in proud salute.

So accept it not as duty
But a privilege even more
And receive it as an honor
Instead of just a chore.



Defense
BILLBOARD 113

AFSS



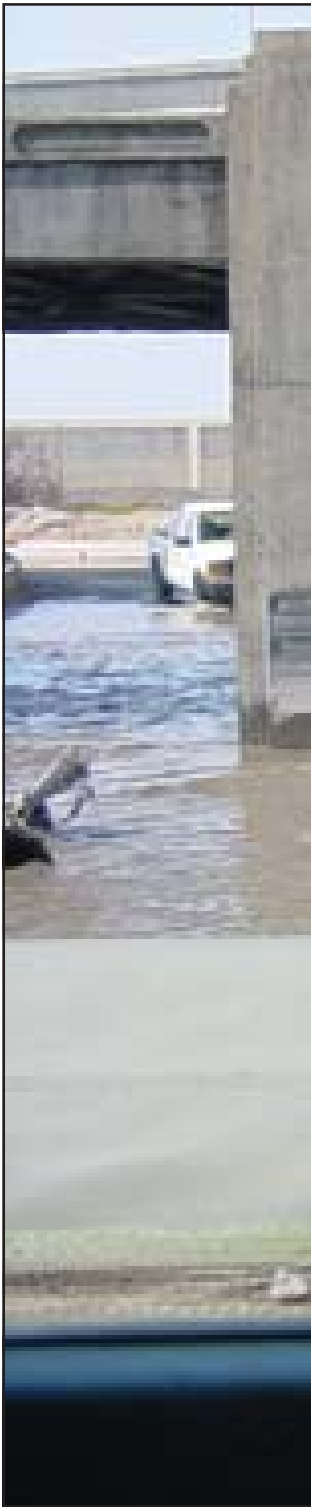
One of the many tasks that faced the 1048th Truck Company when it reached Louisiana was to unload hundreds of pallets from trucks,. The pallets would later be loaded with food, water and other supplies needed by Katrina victims.



Connecticut Army National Guard Soldiers from the 1048th Truck Company worked long hours in Louisiana to provide emergency relief supplies to those affected by Hurricane Katrina.

10 su Ka cle

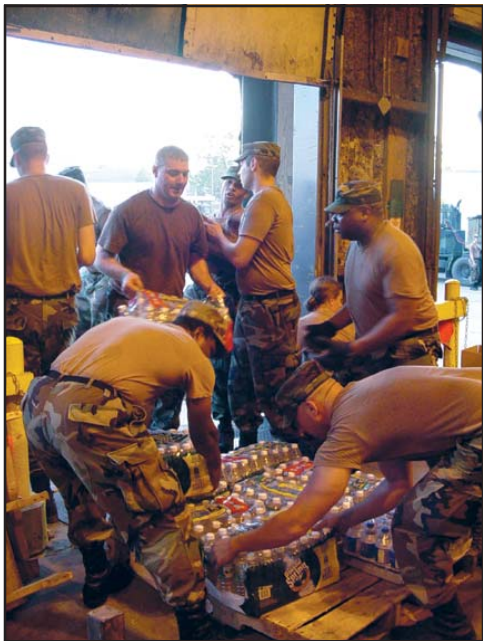
Photos cou



Connecticut Soldiers drive th
south when the call came in

48th ports trina an-up

orttesy of the 1048th Truck Company



Soldiers of the 1048th Truck Company work to load bottled water on a truck.



Driving through the streets of Louisiana, Soldiers of the 1048th saw the destruction wrought by Katrina up close.

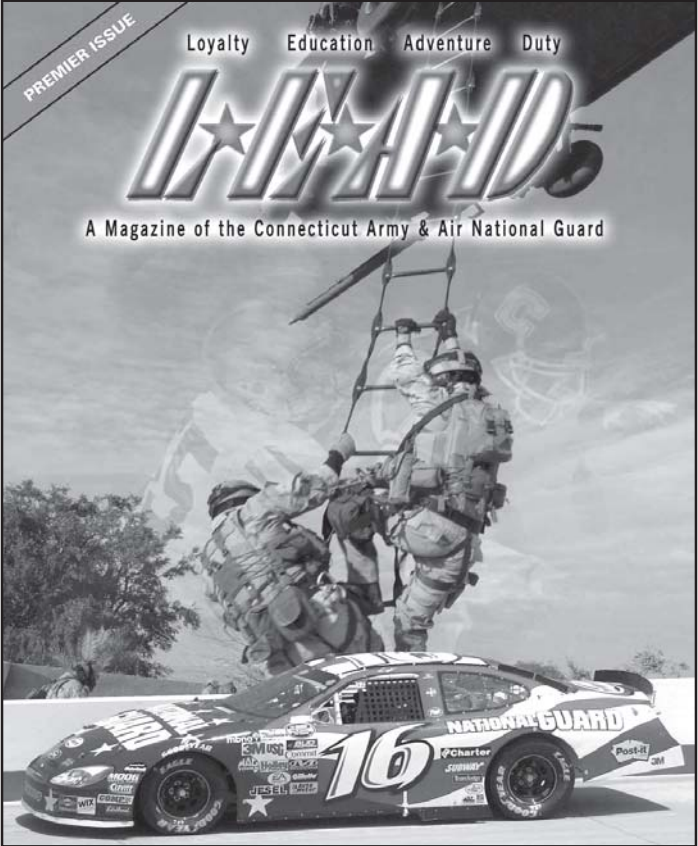


rough the flood waters in Louisiana to provide relief to those affected by Hurricane Katrina. Members of the 1048th Truck Company were among several Connecticut units that headed for help.




Recruiting & Retention: Mission One



The Recruiting and Retention Command's recruiting humvee rolls down the street during the Veterans' Day Parade in Hartford on Nov. 6. The vehicle has been seen at several major events around the state to include concerts, schools and parades. For more Veterans' Day Parade photos, see the upcoming December issue of the Guardian. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



A new recruiting publication will be hitting the streets soon for the Connecticut National Guard - L*E*A*D. Watch for it.



STEP FORWARD

You're strong, independent and want to defend freedom. Now is the time to stand up for your beliefs. Join the men and women of the Army National Guard and become a part of a proud, elite team that's ready to serve when needed. By serving your country and community, you'll gain career skills and earn money for college. If you're ready to step forward for your country, contact us today.

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Veterans Day: changes in observations

SPC. JORDAN E. WERME
65TH PCH

The eleventh hour of the eleventh day of the eleventh month. The end of the first world war.

November 11, 1918, 11:00 a.m.

In 1921, memorials for unknown Soldiers of the United States, England and France, were conducted in each nation's highest place of honor to commemorate the lives of the men lost during WWI. This annual tradition became known as Armistice Day.

The United States began to recognize Armistice Day as a holiday in 1926, and in 1938 it became a national holiday.

Armistice Day became Veterans Day in 1954, in an effort to better recognize and honor all United States veterans, making the eleventh day of the eleventh month an annual memorial to all those who have served in defense of the country. Veterans Day differs from Memorial Day in that November 11 is a day to honor all those who have served in the United States military, whereas May 30 is dedicated to all those who have lost their lives while serving.

However, in 1968, legislation passed which changed the observation of Veterans Day to the fourth Monday in October. This period of observation lasted only 10 years, as the historical significance of November 11 held too deep a meaning among U.S. citizens to allow for an alternate date. In 1978, Congress decided that Veterans Day would once again be observed on its original date.



Illustration by Pfc. Tammy Foular, Public Affairs Office

"We live in a joint world. We live in an interdependent world. We live in a world where there is a land component, there is a maritime component, there is a special operations component and there is an air and space component. Our key competencies and our core competencies live in this component. That's the way we fight. We don't fight as an Air Force; we don't fight as a Navy, Marine Corps or Army. We fight as a component and we fight as a member of the joint team. I believe that we are completely, totally interdependent with each other."

— Gen. T. Michael Moseley, Air Force Chief of Staff, from his remarks to the American Enterprise Institute, Washington, Oct. 11, 2005. Read the entire speech at <http://www.af.mil/library/speeches/speech.asp?id=178>

*Thank you, Families,
for all that you do
and all that you
sacrifice.*

*We are indebted to
you.*



*Guard, USPS
celebrate Hispanic
Heritage Month,
honor students*

Fred Berrocales (far left), Michael Diaz (c), and Andrea Castillo are applauded for receiving the 2005 Hispanic Heritage Month Celebration Award Academics Contest at Eastern Connecticut State University recently. Ms. Tatiana Roy, Director of Marketing for the U.S. Postal Service (right) and Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard presented the students with their awards. (Photo by Lt. Col. John Whitford, State PAO)

Military Matters

Warrant Officer Candidate School (WOCS) conducted at Regional Training Installations

There will be a new Warrant Officer Candidate School (WOCS) program starting in January 2006.

The program is designed for Soldiers that are Primary Leadership Development Course (PLDC) graduates, have an approved Warrant Officer pre-determination package, and are currently serving in the rank of sergeant or above.

This program is only available to Soldiers pursuing appointment as a Technical Warrant Officer.

This new program will be conducted in part at the 169th Leadership Regiment at Camp Rell, Niantic, Conn. and provides an alternate source of appointment for Soldiers who prefer not to attend either the Active Component (AC) (six weeks) or Reserve Component (RC) (four weeks) courses currently being conducted at Ft. Rucker, Alabama.

The new course is comprised of a distance learning phase (January- March 2006), an Inactive Duty Training (IDT) phase of five

months of MUTA fours, and a 15 day Annual Training (AT) period which will be conducted at Camp Atterbury, Indiana in September 2006.

Units are strongly encouraged to show their support of this program by identifying and interviewing Soldiers within their commands who may have the motivation, desire and technical expertise required to apply for a Warrant Officer career using this new option.

Additional requirements for Warrant Officer TAC Officers and Instructors currently exist. Please identify any Warrant Officers that are interested to assist as TAC Officers or instructors to either Chief Warrant Office Mark Marini or HQ 169th Leadership Regiment.

Questions concerning this new program may be directed to the to Marini at (860) 493-2769.



Do you have what it takes
to take your career to the next level?



1st Battalion (OCS), 169th Regiment
(LDR)

Officer Candidate School
Information Briefs:

10 DEC 05
28 JAN 06
25 FEB 06
18 MAR 06
22 APR 06

Bring a Friend, Spouse or Significant Other.
Information Brief will be in Building 402,
Leadership Hall, beginning at 1000 hours

For more information contact
1LT Shaun O'Dea or 1LT Corey Holmes
(860) 691-4216
OCSCT@ct.ngb.army.mil



DEPARTMENTS OF THE ARMY AND THE AIR FORCE
NATIONAL GUARD BUREAU
1411 JEFFERSON DAVIS HIGHWAY
ARLINGTON, VA 22202-3231

SEP 8 2005

NGB-J1

MEMORANDUM FOR THE ADJUTANTS GENERAL OF ALL STATES, PUERTO RICO, THE US VIRGIN ISLANDS, GUAM, AND THE COMMANDING GENERAL OF THE DISTRICT OF COLUMBIA NATIONAL GUARD

SUBJECT: All States (Log Number P05-0005) National Guard Bureau Policy on Sexual Assault

1. Sexual assault is a crime that will not be tolerated in the National Guard. Sexual assault has a devastating and often lasting impact on the victim, a fellow Guardsmen. Sexual assault degrades our readiness and tears at unit cohesion – every member of the unit is affected. Sexual assault has no place in the National Guard.

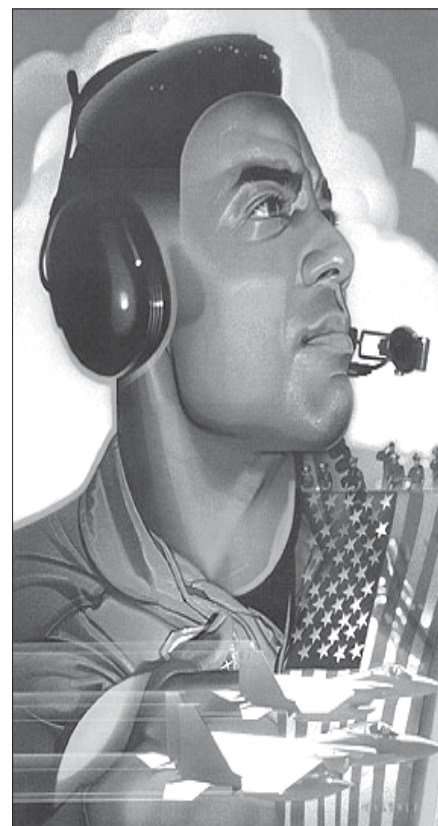
2. The National Guard Bureau has formed a Sexual Assault Working Group (SAWG) and hired a full time Sexual Assault Response Coordinator (SARC). The SAWG and SARC will focus on the National Guard's implementation of the Department of Defense's Sexual Assault Prevention and Response program. While you should expect additional information and guidance in the future, make no mistake about my support for this program and what I expect of you.

3. National Guard leaders at every level will create and promote a positive command climate in which victims have the confidence in their chain of command and civil/military investigators to report these crimes immediately. Leaders must ensure that Guardsmen and other members of the Guard community treat sexual assault victims with dignity, fairness, and respect for their privacy. Leaders will make victims aware of existing civilian and military medical facilities, legal offices, and other programs to assist victims in seeking immediate medical care, counseling and seamless victim assistance. Bottom line: Prevent sexual assault and fully assist victims if it does occur!

4. This memorandum will expire one year from date of publication unless sooner rescinded or superseded.

5. Point of contact is Ms. Deborah White, NGB SARC at DSN 327-9193 or 703 607-9193.

H. Steven Blum
H. STEVEN BLUM
Lieutenant General, US Army
Chief, National Guard Bureau



INFORMATION
Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and emails appropriately. Practice good computer security when accessing the Internet. Our websites are the only ones we've authorized below. Don't share them with information that can harm us.



HANDYPERSON HOTLINE

CALL
(860) 209-0770
TODAY
TO VOLUNTEER
YOUR SKILLS





CHIEF MASTER SGT.
WANDA WAWRUCK

Enlisted Update

Giving Thanks

First let me begin by welcoming home the 143d Aviation Support Group who recently returned from the “sand box.” It’s great to have you home and we appreciate the sacrifices you, your families and employers made.

In addition, I’d also like to thank those who volunteered to assist with the hurricane efforts in our gulf region. Your service has greatly enhanced the quality of life in both regions, as the people affected begin to form anew.

As we prepare for the holidays, this month’s article is dedicated to recognizing and thanking those who served before us and those who currently serve. Before I begin, I’d like to take a moment to personally thank everyone who made the Senior NCO Dining-In a great success.

First, let me congratulate once again our Soldiers and Airmen of the Year; they are: (newly promoted) Sgt. Alan Merriman, Det 1 Co G, 104th Avn; Sgt. 1st Class Paul Vicinus, 2/192nd Reg, Gen Studies; Staff Sgt. Meisha Nieves, ANG, Organizational Mgmt; and Sr. Airman Erin McNamara, 103 Comm Flt. As you know, our future is based on the Soldiers and Airmen we develop and it is evident that these four individuals have a fine career ahead of them.

I’d also like to thank Sgt. 1st Class Mike Straite for his outstanding job as Mr. Vice as well as our many Soldiers and Airmen who assisted with the behind the scenes tasks that made this great event. So great, that we raised more than \$4100 for our Connecticut National Guard Foundation, Inc. Again, thanks to all who participated and attended.

November is one of many months we give thanks to our veterans through time off, parades, festivities and cemetery ceremonies. These memorial gestures began under the name of “Armistice Day,” and under the hand of President Dwight

D. Eisenhower. It was a day dedicated to the cause of world peace, and one set aside to honor those who served in World War I. In 1954, after many American forces fought in World War II, many veterans’ groups requested the amendment of the Act which changed the holiday from Armistice to “Veterans” Day. As we celebrate and honor our past and current veterans, I’d like to highlight another group of veterans who do not wear a uniform, but serve proudly...our Family Support Coordinators and volunteers.

You will find this group out and about, sometimes undetected; at our drill weekends, welcome home and departure ceremonies, inspections; you name it they are there. Some are in a paid status and others give freely of their time. They are family members, retirees, neighbors, friends and community leaders. You ask why, and it is because they care and want to serve. Like those who still wear a uniform, our Family Support Coordinators/volunteers provide a service 24/7. They too, require assistance in performing their functions.

As they have already begun preparing for Operation E.L.F., please take the time to ask how you can assist them. In addition, the 103 Fighter Wing has begun their efforts to host the many children from Children’s Place (East Windsor). Again, I ask that you support both worthwhile initiatives by providing your time or donations.

In closing, I’d also like to extend best wishes to the following units who will undergo inspections this month; they are: 103d Fighter Wing, HHC 1/102 IN, 14 MSG (CST)...this is your opportunity to show the respective inspection teams why Connecticut National Guardsmen are the best in the country.

Please continue to keep in your thoughts and prayers our service members who serve all over the world. From my family to you and yours; I wish you the best of health and happiness during the holiday season.

Promotions

Air National Guard To Chief Master Sergeant

John P. Saccente, 103rd Maint. Sqdrn.

To Master Sergeant

John F. Donnelly, Jr., 103rd CES

To Technical Sergeant

Robert A. Brancieri, Jr., 103rd CES

Chad M. Wink, 103rd Maint. Sqdrn.

To Staff Sergeant

Michael G. St. Pierre, 103rd Maint. Sqdrn.

Jonathon D. Varnet, 103rd Maint. Grp.

To Senior Airman

Benjamin M. Reiser, 103rd Maint. Sqdrn.

Michelle K. Urso, 103rd Maint. Sqdrn.

Army National Guard

To Sergeant 1st Class

Damon R. Matus, 223rd MP Det.
Michael J. Cardoza, R&R Command
David W. Schappa, AVCRAD

Jason B. Beebe, A 1/10nd Inf.
Philip Neptin, CTARNG TSD
Raymond M. Caron, a 1/102nd Inf.

To Staff Sergeant

Brian M. American, R&R Commaand
Ryan W. Vedrani, HHC, 1/102nd Inf.
Brian F. Barkman, C 1/102nd Inf.
Steven W. Stefanowich, JFHQ-CT
Jason Lloyd, R&R Command
Ryan N. Moore, HHC 1/102nd Inf.
Gerald S. Lane, AVCRAD
Michael P. Brown, A 143rd FSB

Hayton Robinson, A 1/102nd Inf.
Daniel Rios, C 1/102nd Inf.
Raymond D. Wagner, AVCRAD
Kevin T. Brodie, AVCRAD
Joseph M. Konesi, AVCRAD
Kevin T. Chiarito, A 242nd Engr.
Zane J. Barber, A 1/102nd Inf.
Frederick Woods, C 280th Sig. Bn.

To Sergeant

Steven J. Woodruff, AVCRAD
Jerry J. Tan, AVCRAD
Andrew Gutowski, A 1/102nd Inf.
Nathan M. Starr, 250th Engr. Co.
Ted D. Schultz, AVCRAD
Patrick J. Montes, B 1/102nd Inf.
Michael D. Zotti, A 1/102nd Inf.
Andrew P. Knauf, B 1/102nd Inf.
Paul M. Curran, C, 242nd Engr. Bn.
Thomas H. Lexington, C, 242nd Engr. Bn.
Moises E. Bonilla, HSC 118th Med. Bn.
Steven T. Moisan, C 1/102nd Inf.
Evan Lock, 14th CST
Steven Kaison, Det 6 Rear
Robert M. Muschett, 1048th Truck Co.
Michael A. Mish, 250th Engr. Co.
Edu G. Bennett, 250th Engr. Bn.
Christopher Schrock, 102nd Army Band
Joseph Paoli, III, C 1/102nd Inf.
Maksim Dobrushkin, HSC 143rd FSB

Timothy M. Strand, AVCRAD
David J. Nastri, A 1/102nd Inf.
David L. Cordova, C, 1/102nd Inf.
David A. Farrell, AVCRAD
Michael L. Dawkins, AVCRAD
Daniel L. Eichner, B 1/102nd Inf.
Eric A. Sanders, 250th Engr. Co.
Brian P. Leclair, HHC, 1/102nd Inf.
Paul M. Taollon, C, 242nd Engr. Bn.
Jefferson R. Belen, B 242nd Engr. Bn.
Williams Barnes, HSC 143rd FSB
Alan L. Merriman, Det 1, G/104th Avn. Bn.
Allen Diamond, 14th CST
Courtney Robbins, 119th Dog Det.
Matthew J. Dufour, B 1/102nd Inf.
Eric A. Sanders, 250th Engr. Co.
Christopher Blauvet, R&R Command
Andy U. Copeland, A 143rd FSB
Jason P. Sirko, C 1/102nd Inf.

Send Letters to the Editor to:

Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795

or by email to: ctguardian@ct.ngb.army.mil

All letters must be signed and include a phone number for verification. Letters may be edited for grammar, spelling and space, but not for content.

There is a New Face at HRO



To schedule an appointment for an ID Card or to update your DEERS information contact:

Senior Airman Amanda Douville at 860-878-6725 or email her at Amanda.douville@ct.ngb.army.mil

Homefront

In defense of Connecticut's children: Inhalants aka huffing-sniffing-bagging

TECH. SGT. DEON SUMEERSARNAUTH
DDR REPRESENTATIVE TO THE GOVERNOR'S PREVENTION PARTNERSHIP

Many of you are familiar with the names of many illegal drugs such as cocaine, heroine, ecstasy, marijuana and list goes on...

But how many of you know of the dangers of normal, innocent looking household products such as cooking supplies, household supplies, school supplies, even products used in the workshop, garage or even on your lawn?

These products can be cooking sprays, aerosol cleaning supplies, adhesives, glue, paint and solvents, marking pens, etc.

There are more than 1,000 household, legal, everyday products that are abused by children and adults alike.

These products are abused predominantly by children in elementary school, middle school and even high school.

These abused products are called INHALANTS...Inhalants are defined as breathable chemical vapors that produce a psycho active (mind altering) effect. Inhalant abuse is the deliberate act of

inhaling fumes, gases, and vapors for the purpose of intoxication.

Inhalants are poisons and toxins, they are not drugs! Abusers can suffer irreversible brain, liver, kidney and bone marrow damage. You can die from abusing inhalants the first time. It could be your last time.

That's called sudden death syndrome. Sudden death can occur during or right after inhaling these poisons/toxins.

The poison/toxin causes an irregular heart beat which can lead to cardiac arrest.

Current trends and findings:

The 2003 Partnership Attitude Tracking Survey of the Partnership for Drug free America reports that 1 out of 4 6th to 8th graders had tried inhalants—that's 25 percent of the nation's children ages 11-13.

The 2004 U.S. Dept. of Health and Human Services "Monitoring the Future" survey shows a jump in numbers of 8th graders who have used inhalants at least once in their lives from 15.8 percent in 2003 to 17.3 percent in 2004.

The survey also found that inhalants were the most abused substance category for

youth ages 12 and 13 replacing marijuana as the most abused substance among adolescents.

The 2004 NECACA (Northeastern CT) Survey finds that 12 percent of 9th graders and 15 percent of 10th graders reported use of inhalant once in their lives.

And the 2000 Connecticut State Incentive Grant Survey indicates that 11.1 percent of 7th and 8th graders and 14.4 percent of 9th and 10th graders reported use of inhalant once in their lives.

What to look for:

Some of these signs may be evident if someone is abusing an inhalant.

- § Drunk, dazed or dizzy appearance.
- § Nausea, loss of appetite, anxiety excitability irritability.
- § Chemical odor on clothes or breath.
- § Paint or stains on body or clothing.
- § Missing or always-empty solvent or aerosol containers.
- § Red or runny eyes or nose.
- § Spots and/or sores around the mouth.
- § Frequent nose bleed.
- § Scarves, bandanas or rags with a

chemical odors.

- § Supplies of paper air filter masks (dust masks).

Other behaviors:

- § Sitting with a marker pen near their nose.
- § Constantly smelling clothes (sleeves, collar, etc).
- § Hiding rags clothes or empty containers of potentially abused products in closets or other places.

Things you can do:

Get educated about inhalants. Talk to your children and their friends about the dangers of experimenting with inhalants. Talk with teachers and school administrators about the devastating consequences of inhalant abuse.



OFFICERS CLUB OF CONNECTICUT

Hartford, CT (860) 249-3634

Visit our Website for activities & menus at ctofficersclub.com

November 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
"Wicked" Dec 17 Sold Out (Dinner only \$25)	1 6 PM Quiet Bedmen dinner	2 5-7 PM Fund raiser Tom Colapietro	3 10 AM - 3PM Ed Tremco	4	5 NATIONAL GUARD DRILL 2 PM Notre Dame Football Tailgate	
6 NATIONAL GUARD DRILL Veterans Day Parade in Hartford	7	8 Election Day CLUB & BAR OPEN	9 6 PM AUSA Veterans Day Dinner meeting	10 US Marine Corps Birthday 4- 6 PM Vets Hall of Fame	11 VETERAN DAY State Holiday Club Closed	12
13	14	15 12 Noon Ladies O'Club Lunch	16	17 12 Noon MOOA Lunch	18 6 PM Italian Night Italian Food and Bruno Cerati at the Piano Reservations 249-3634	19 Member Party
20	21	22 9:30 -11:15 AM Brunch Kylee Frederick 3PM Promotion Penning Col. Leslie Biven	23	24 Thanksgiving Club closed	25 Happy Day after Thanksgiving Club Closed	26 2PM Order of Eastern Star
27	28	29	30			

O'Club open for lunch daily 1130 - 2PM(Chef Specials daily)
Bar & Lounge open at lunch & 4PM - Closing
Italian Night November 18- See flyer for Menu and Music by Bruno Cerati on his Electronic Piano with Alex the M.C.

OFFICERS CLUB OF CONNECTICUT

PRESENTS

ITALIAN NIGHT DINNER - DANCE

Friday Nov 18, 2005

Cocktails 6:30 Dinner 7:00

MENU

Insalate & Soup

Antipasto della Casa Pasta Fagioli Calamari Piccante

Veal Parmigiana Veal Cutlet in Italian Seasoned Breadcrumbs w/ Fresh Marinara Sauce

Chicken Piccata Medallions of Chicken Breast Sauteed with Lemon & Capers in a White Wine Butter Sauce

Frutti di Mare Fresh Little Neck clams, Mussels, Fresh cod & Shrimp simmered in spicy Marinara Sauce w/ Fresh Herbs

Orzo Milanese Penne Pesto Green Spinach/Roasted Red Peppers

Italian Pane - Three Cheese Garlic/Focaccia,

Dessert:Tira misu Italian Pastry Coffee & Tea

\$25 .00 (plus Tax & Tip)

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to beautiful Italian music as played at

Sorrento Ristorante every Friday and Saturday

Reservations please! (860) 249 - 3634

Floating checks will soon be thing of the past

SENIOR AIRMAN CHRISTIAN MICHAEL
1ST FIGHTER WING PUBLIC AFFAIRS

LANGLEY AIR FORCE BASE, Va. (AFPN) — “Check floaters” beware.

The Army and Air Force Exchange Service will start to electronically process checks in January.

Now, instead of taking up to three days, check may process instantly or in one day. The move is so the exchange service complies with “Check 21” Legislation.

“Checks will be processed electronically before being mailed to their respective banks,” said Melanie Boshaw, Langley exchange store manager.

“That means any amount on a check will be taken from a customer’s account the very next day.”

A person floats a check when he or she writes one for a purchase without having the actual amount in their accounts — and using the typical three-day processing time to get paid or move funds to cover it.

Now, check writers must have the funds in their account, or their check will bounce.

Electronic processing is cost-efficient since there is an automatic payment for each purchase.

With the new system in effect, money-management becomes a necessity rather than a recommendation for customers.

Now people must actually have funds in their accounts if they want to make a purchase.

Need assistance?

Have questions?

Contact the
103rd Air Control
Squadron’s
Family Support Program
by visiting its Website:

www.103rdacs.com

DOD announces recommended holiday mail dates

The Department of Defense announced today the recommended mailing dates to ensure that holiday cards and packages for service members arrive overseas in time for the holiday season.

“To ensure delivery . . . to military APO/FPO addresses overseas and to international addresses, we suggest mail be sent by the recommended dates provided by the U. S. Postal Service,” said Mark DeDomenic, the assistant deputy director and chief of operations for the Military Postal Service Agency (MPSA). “Beat the last minute rush by bringing your mail to your post office by these suggested dates.”

EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your

APO/FPO of address.

PAL: PAL is a special service that provides air transportation for parcels on a space available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

SAM: Parcels paid at Parcel Post postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

DoD requests that those who send mail use the service member’s full name (with or without rank or rating), unit and APO/FPO (Air/Army Post Office or Fleet Post Office)

address with the nine-digit ZIP code (if one is assigned) and a return address. For packages, mailers are asked to print on one side only with the recipient’s address in the lower right portion.

Packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids.

Parcels found by the U. S. Postal Service with such markings or labels on the outside of the box will not be processed. Instead, they will be handled as non-mailable matter - regardless of the contents or what is listed on the U. S. Customs form.

While there are specific restrictions for each five-digit military post office ZIP code (APO/FPO), it is prohibited to mail the following items to the CENTCOM region:

obscene articles (prints, paintings, cards, films, videotapes, etc.); pork or pork by-products; alcoholic beverages; any matter depicting nude or seminude persons, pornographic or sexual items, or unauthorized political materials.

Although religious materials contrary to the Islamic faith are prohibited in bulk quantities, items for the personal use of the addressee are permissible.

There may be size restrictions and customs declaration form requirements to some locations as mail going through the MPSA can be subject to the host country customs requirements. The time to deliver varies depending on the category of mail and the country of destination. Delivery may also take longer when armed forces are on the move during periods of heightened activity.

Military Mail Addressed To	Express Mail® Military Service (EMMS) ^{1/}	First-Class Mail® Letters/Cards	Priority Mail®	Parcel Airlift Mail (PAL) <u>2/</u>	Space Available Mail (SAM) ^{3/}	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AE ZIP 093	N/A	Dec 5	Dec 5	Dec 3	Nov 26	Nov 12
APO/FPO AE ZIPs 094-098	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AA ZIPs 340	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO AP ZIPs 962-966	Dec 19	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12

Guarding Your Rights

Legal Affairs: *Improper use of resources*

The improper use of government resources often is a violation of law (31 USC 1301, 1344) and regulation (5 C.F.R. 2635.704 and DOD 5500.7-R, Joint Ethics Regulation § 2-300b) that should be thoroughly understood by members of the United States Armed Forces. As Soldiers and Airmen, we are public servants bound to protect and conserve government property and use it (or allow its use) only for authorized purposes. Penalties for violating this duty are severe, which may include

Communications systems. Federal communications; equipment including governmental owned telephones, facsimile machines, electronic mail, Internet systems, and Personal Digital Assistants (PDA) i.e. blackberries, are available only for official use and authorized purposes. "Official use" includes emergency communications, communications that are necessary in the interest of the government; and "morale and welfare" communications by military personnel on extended deployments. "Authorized purposes" include brief calls home while TDY to notify family of official transportation or schedule changes. Personal communications from the workplace are also authorized, if supervisor determines that communication (a) presents no adverse affect on official duty performance; (b) is of reasonable duration and frequency and made during personal time whenever possible; (c) serves a legitimate public interest; (d) presents no adverse reflection on the military; and (e) creates no overburden of the communication system or creates no significant additional cost to the military.

Vehicles. Government vehicles may be used for official purposes only. Army Regulation 58-1 governs the use of motor vehicles. Within the Department of the Army,

only the Secretary of the Army and the Chief of Staff of the Army are authorized home-to-work transportation. Home-to-work is not considered transportation for an official purpose and is strictly prohibited. Normally, home-to-work transportation is considered a personal responsibility.

Use of other governmental resources. Government resources (other than personnel, communications equipment, and vehicles) may be authorized for personal use if supervisor determines that the use creates no adverse affect on official duty performance; is of reasonable duration and frequency and occurs only during the employee's personal time; serves a legitimate public purpose; creates no adverse reflection on the military; and creates no significant additional cost to the federal government.

Support to non-federal entities. The Adjutant General may authorize limited use of federal equipment in support of an event sponsored by a non-federal entity (except for fundraising and membership drives) only if: (1) Support creates no interference with official duty performance or detracts from readiness; (2) Support serves military community relations, public affairs or military training interest; (3) It is appropriate to associate the military with the event; (4) The event is of interest and benefit to the local civilian community or the military; (5) The command is able and willing to provide the same support to comparable events sponsored by other similar non-federal entities; (6) No restriction by other statutes or regulations of such use; (7) No admission fee (beyond that required to cover reasonable sponsorship costs) is charged for the event.



NGACT: Working for you



The NGACT held its 9th Annual NGACT Open golf tournament this past September, and, as usual, we had an outstanding turnout. Through the generosity of our members, corporate sponsors and golfers, we were able to raise \$6,500 for the Connecticut Children's Medical Center and \$1,700 for the NGACT scholarship fund. Special thanks go to tournament committee members, Jim Howard, Rich Maziarz and Mike Falk, for all their hard work and outstanding efforts to make this our most successful tournament ever.

Our next big event will be the 12th Annual Conference and 2nd Annual Awards Banquet on Saturday, March 25.

You've asked for it, and we heard you. We're bringing the conference back to a central location in the state this year to make it easier for people to attend one or both events. The conference and banquet will be held at the Hartford Marriott Rocky Hill, 100 Capital Boulevard, Rocky Hill, just off I91.

This year's conference will again be a one-day event, but there will be changes to the way it is run. Speakers will be spaced throughout the day as will the committee reports. We will be bringing in the usual vendors, but this year will be adding information vendors from several of the Veterans' Service Organizations around the state as well as other organizations that provide direct benefits to members of the Connecticut National Guard, our retirees and our families.

We have already confirmed several of our state legislators as speakers and are very excited about our keynote speakers for both the conference and the banquet, although we are still waiting confirmation from them. As soon as we have that confirmation, we will let you know who they are.

For the first time, we will be recognizing our Soldier, Airman, NCOs and Junior Officer of the Year at the Awards Banquet. We will also recognize members who have made outstanding contributions to the NGACT, Connecticut National Guard and the National Guard of the United States through their legislative efforts and commitment to increasing our membership. State and national level legislators will also be recognized for the efforts on our behalf. We are looking forward to a very exciting conference and banquet this year and hope to see as many of you there as possible.

Again this year, due to the generosity of our corporate sponsors, we will be providing a continental breakfast and a lunch buffet for the conference attendees. There will be a \$20 registration fee for those that register in advance and a \$25 fee for those that register at the door. Dinner prices for the banquet have yet to be determined. We have established a discounted room rate with the Marriott and information on that will be provided upon receipt of your conference and/or banquet registration.

Connecticut has been hosting the Enlisted Association of the National Guard of the U.S. (EANGUS) Area 1 Caucus for the past several years, which encompasses all the New England states, New York and New Jersey, but this will be the first time we are hosting the caucus in conjunction with our state conference. The caucus will be held at the same location on Friday, March 24 is open to any enlisted member of NGACT and EANGUS. We are hopeful that the EANGUS President or Vice-President and the Area 1 leadership will be able to stay through the weekend.

We will also be holding elections this year for several key positions on the Executive Board and for our officer. President-Elect, Secretary, Treasurer, two Army-at-large and two Air-at-large positions will be elected during the conference. If you have interest in running, or would like to hear more about any of these positions, please send us an email at ngact2005@yahoo.com.

Flyers for the conference and banquet will be sent out soon. Please keep an eye out for them and mark your calendars now for the caucus on March 24 and the conference and awards banquet on March 25. We look forward to seeing you there.

Why Diversity?

Comanche code talker answered 'Call to Duty'

DAVID VERGUN
ARMY NEWS SERVICE

He became a legend in the Army, as well as in his native Comanche tribe in Oklahoma.

Charles Chibitty, 84, the last of the Comanche "code talkers," died July 20 in Tulsa, Okla. He also reportedly was the last hereditary chief of the Comanche, having descended from the great leader, Chief Ten Bears.

"Code talkers" is the term used to describe Soldiers from various Indian tribes who communicated on radios, telephones and telegraph during World Wars I and II. They spoke in their own languages and dialects, many of which were not written down and all of which were indecipherable by enemy forces. Chibitty was among the 17 Comanche code talkers who served throughout the European Theater during World War II with the 4th Signal Company, 4th Infantry Division.

Since there were many military words that had no meaning in the Comanche language, Chibitty and other Soldiers had to invent their own unique military lingo. For example, they used the Comanche word for "turtle" to signify "tank."

Chibitty saw plenty of fighting during the landings at Utah Beach during the D-Day Normandy invasion in June 1944. He immediately put his skills to use, directing aircraft and naval gunfire to targets and informing other Comanche code breakers at higher headquarters of the tactical situation on the ground and relaying information back to his unit commander.

Chibitty survived the landings and saw a lot more action

throughout France and during the Battle of the Bulge. He and his unit were among the first Americans to liberate Paris and later to enter Germany. In addition to code talking, Chibitty became a champion boxer in the Army. Later in life, he became a much acclaimed and prize-winning Comanche war dancer.

The French presented Chibitty and other Comanche code talkers with their second-highest medal for valor, the Chevalier de L'Ordre National du Merite.

In 1999, the Department of Defense recognized Chibitty, who was then 78, and the last surviving member of the Comanche code talkers. He was honored in the Hall of Heroes inside the Pentagon for his extraordinary bravery and achievements.

At the ceremony, he didn't dwell much on his own combat actions, preferring rather to speak of the achievements of his fellow Comanche code talkers. He recounted the story of one code talker who was wounded in the back with shrapnel. That Soldier refused to be evacuated to the rear and continued to fight and code talk. His wounds were treated and he survived the war. Other Comanche code talkers were wounded as well, but all survived the fighting.



Charles Chibitty, 84, last of the Comanche code talkers from World War II, died July 20. (Courtesy photo)

Inside OCS

Reflections on commitment

OC MARK BALLANTYNE
OCS CLASS 51

As I prepared to write this article, two thoughts occurred to me. The first concerned the degree of commitment that is required to successfully complete the training leading to a commission in the Connecticut National Guard. Secondly, I reflected on the importance of leadership to the application of the military knowledge we will acquire.

The common perception of a civilian-soldier in the Army National Guard is that of a civilian who proudly serves his country as a Soldier on a part time basis.

However, as we have proceeded forward with training as officer candidates of OCS Class 51, we have come to realize that the commitment of an officer in the Connecticut Army National Guard is more than "part time." It is a full time commitment whether we are working at our civilian jobs, engaging in recreational pastimes, or just shopping at a local supermarket.

At all times we have the obligation to present ourselves with the same dignity, professionalism and objectivity that we would if in uniform as a commissioned

officer. OCS is not training us to be "part time" officers in the National Guard. OCS is training us to present ourselves as officers regardless of what we are doing or where we are. At all times we must be a reflection of those who have gone before. The pride and honor with which we carry ourselves should reflect the service and sacrifice made by Soldiers throughout our history. Being an officer in the CT National Guard is a full time commitment; period.

Now that Phase 1 of OCS has been completed and Phase 2 is well underway, we are learning many of the basic skills that every aspiring officer is expected to master. However the essential message that the TACs have been impressing on all candidates is that these skills are ineffective if that one key element that brings it all together is missing.

That element is Leadership.

Whether it's raiding an insurgent stronghold in the Middle East, providing natural disaster victims with essential goods or services, or making sure that subordinates get the best possible training on drill weekends, two things are apparent: 1) It is an Army officer that provides the

coordination and leadership to make these things happen. 2) As long as that leadership is present, the Army National Guard will ALWAYS be there and will NEVER let the country down.

As one who has recently returned from deployment to a highly volatile and hazardous combat zone, one thing is clear. When the dirt hits the fan, everybody can tell good leadership from bad leadership. I have served under both, and have experienced the value of good military leadership and the seen the consequences of poor military leadership.

The practical training we are receiving in OCS will ensure that whether it's a weekend drill, a domestic state of emergency, or deployment to a combat zone in Iraq or Afghanistan, we will be prepared to provide the strong, effective leadership necessary to complete the mission.

These two elements; full time commitment and strong military leadership, are the bedrock qualities of an officer in the Connecticut National Guard. The candidates of OCS Class 51 fully understand these requirements and are dedicated to meeting them.

Have you
recruited
anyone
today?

**Recruiting is everyone's
responsibility.
Contact your unit today to
find out what positions are
available and help find
someone to fill them.**

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the Connecticut
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1-800-716-3550



RONALD E. LEE, 1SG (RET) USAR
ESGR PUBLIC RELATIONS CHAIRMAN

As part of a strategic communications plan designed to increase public awareness of Employer Support of the Guard and Reserve, members of the Connecticut Committee have gone "airborne." Not in the truest sense of the military connotation, jumping out of aircraft, but we have been making appearances on radio and television around the state.

In June, CTESGR Chairman Emeritus Carl Venditto addressed a Connecticut Business & Industry Association (CBIA) human resources conference held at the newly opened Connecticut Convention Center, discussing the Uniformed Services Employment and Reemployment Rights Act (USERRA), the federal law covering employer rights and responsibilities when employees serving in the Reserve Component are called to active duty. Venditto later conducted a Q&A with HR professionals and handed out ESGR literature.

Later in June, Venditto, along with CTESGR Public Affairs Committee member Wayne E. Travers Jr., dropped by the studios of WDRC-FM as guests of the "Brad Davis Show" to talk about USERRA and how ESGR can be a vital resource for employers and employees alike. Davis, a Connecticut radio icon and a former Marine, has been very supportive of veterans and

those serving both on active duty and in the reserve component.

In August, Venditto and Travers appeared on a one-hour public access television show hosted by State Rep. Roger Michele (D-77) on Nutmeg Television, talking about the issues employers and employees face during a military mobilization of a National Guard or reserve unit and how ESGR can help with everything from providing guidance for employee handbooks to mediating disputes that may arise.

In October, Venditto and I appeared on the Comcast Cable Access Channel Show "Veteran's Corner" hosted by Ron Organek. Ron is a former member of the Connecticut National Guard and U.S. Army Reserve and served in Operation Desert Storm. He hosts "Veteran's Corner" on cable TV and also writes an informational column of the same title in the Middletown Press addressing veteran's issues. Carl and I discussed the establishment of ESGR as well as the mission and goals. Ron asked several probing questions regarding ESGR's resources and how we offer to assist both employers and employees who are serving in the Guard or Reserve. We will be "airborne" again during the month of November appearing on Comcast every Tuesday evening at 7 p.m..

Travers will be a guest on Cablevision News12's "12 on the Money" in November, discussing the importance of USERRA and ESGR for employers and employees who

serve in the military. The show is scheduled to be broadcast during the weekend of

Nov. 5.

Along with our radio and television appearances, ESGR has participated in trade shows and the Connecticut Conference of Municipalities Conference. On Friday, Oct. 14 and Saturday, Oct. 15, members of CT-ESGR staffed a booth at the Middlesex County Chamber of Commerce EXPO held at the Crowne Plaza Hotel in Cromwell. This event was attended by hundreds of employers as well as being open to the public on Saturday. We were approached by numerous attendees, some of whom thought we were recruiters. Everyone showed enthusiastic support for our military and many signed a Statement of Support, stating that their company would support employees who were serving in the Guard or Reserve and that they would do whatever they could to assist them and their families. Our raffle prize, a "Flouring Cookie" bouquet with one cookie flower labeled with the seal of each of the seven branches of the Guard and Reserve, was won by Cynthia Singer who works in Business development for STAPLES in Wallingford, CT. Cynthia was proud to accept the display and said that she supports the troops.

"It's important that we share the message about ESGR through the Connecticut media," Travers said. "Communications is the key to successfully guiding both the employer

and employee through the difficult process of military mobilization and, eventually, reintegration into the workforce upon demobilization."

We hope that you will tune in to our broadcasts whenever possible. Also, be reminded that you can contact our committee at the 196 West Street office in Rocky Hill at (860) 721-5903 or on the by e-mail at CTESGRLEW@COX.NET. Please consider stopping by one of our monthly meetings, held on the last Tuesday of each month starting at 6 p.m.



ESGR sponsored an information booth at the Middlesex County Chamber of Commerce EXPO in Cromwell. (Photo courtesy ESGR)



Health & Fitness



Medical Notes



Influenza (FLU) Prevention

INFORMATION PROVIDED BY HEALTH INFORMATION OPERATIONS, USACHPPM

Flu Prevention Facts

- The flu can cause mild to severe illness and even death.
- Influenza usually occurs during the winter and causes 36,000 deaths per year in the United States.
- Influenza viruses cause disease among all age groups.
- Serious illness and death are highest among people 65 years and older and children less than 2 years old.
- Most healthy people recover from the flu without complications.
- Influenza is spread primarily through sneezing and coughing.
- Contaminated objects (hands, phones, shared eating utensils) can also spread the flu.
- Close contact (within 3 feet) is usually required for transmission.
- You can spread the virus for up to two days before showing symptoms.
- Once ill, you'll be contagious for about 5 days.
- The flu usually lasts 3-7 days for most people, although

some symptoms can last for up to 2 weeks. Antiviral drugs are sometimes used to reduce the symptoms of influenza but viruses may develop resistance to them.

- Antibiotics are not effective against the flu because the flu is caused by a virus. Get your flu shot each fall. It's the best force protection measure against influenza.

Other ways to help prevent the flu:

- Avoid close contact with people who are sick and keep your distance or stay home if you are sick
- Cover your mouth and nose when you sneeze or cough then put used tissue in the waste basket
- Clean your hands often with soap and warm water or alcohol based gels to protect yourself from germs
- Avoid touching your eyes, nose or mouth because germs are often spread when you touch something that is contaminated and then touch your eyes, nose or mouth.



Combating Substance Abuse: The dangers of Meth

CW4 TONY UVA
SA PREVENTION EDUCATION OFFICER

Speed, Meth, Crystal, Crank, Tweak, Go-fast, Ice, Glass, Uppers, Black beauties.....

Whatever name you call it, methamphetamine is dangerous and illegal.

Methamphetamine affects your brain. In the short term, meth causes mind and mood changes such as anxiety, euphoria and depression.

Long-term effects can include chronic fatigue, paranoia or delusional thinking and permanent psychological damage.

Methamphetamine affects your body. Over-amping on any type of speed is risky. These drugs create a false sense of energy and push the body faster and further than it's meant to go. It increases the heart rate, blood pressure and risk of stroke.

Methamphetamine is not what it seems. Even common speed drugs are not always safe.

Giga-jolts of well-known stimulants such as caffeine or ephedrine can cause stroke or cardiac arrest when overused or used by people with sensitivity to them.

Methamphetamine is highly dangerous and can kill you. An overdose of meth can result in heart failure.

Long-term physical effects also include liver and lung damage. Meth use can cause irreversible damage to blood vessels in the brain, and users who inject and share needles are at risk for acquiring HIV/AIDS.

Meth can cause a severe "crash" after the effects wear off.

The ignitable, corrosive and toxic nature of the chemicals used to produce meth can cause fires, produce toxic vapors and damage the environment.

Ninety-two percent of the methamphetamine deaths reported in 2003 involved meth in combination with another drug, such as alcohol, heroin or cocaine.

Methamphetamine is illegal in all states. Possession of even a small amount of methamphetamine for personal use is a felony crime in Connecticut.

Conviction for a felony can result in discharge under other than honorable circumstances. Conviction is not necessary for adverse military personnel action.

The Drug Abuse Prevention and Control Program randomly tests military personnel for illegal drug use and can result in involuntary separation.

Discharge from military service with an "Other than Honorable Discharge" can have life-long ramifications in the civilian world.

Look around you. Know the risks. Show leadership. Drug and alcohol programs are Commander directed.

If you feel that you or some other military person has a substance abuse problem, please use your chain of command for guidance and information.

(Editor's Note: This is a new monthly column dedicated to combating substance abuse and educating the Soldiers, Airmen and families of the Connecticut National Guard. Questions may be addressed to anthony.uva@ng.army.mil)

Let's Celebrate the return of the 143rd ASG!!



Please join us for a lunch buffet on December 3 to celebrate the return of our Soldiers.

Place: The Aqua Turf

556 Mulberry Street

Plantsville, CT

Kay's Pier South Room

Date: December 3, 2005

Time: 11:30-5:00

Cost: \$32.00 per ticket

To Reserve your tickets please call 860-878-6746

Sports

The Army 11.2 Miler: *Diary of runners*

LT. COL. RICHARD YOUNG, M.D.
STATE MEDICAL COMMAND
AND
CPT. ERIC REFSNIDER
RECRUITING OPERATIONS OFFICER CONNECTICUT ARMY
ROTC

6 Months out

Hooah. Begin thinking about the Army 10 miler. Talk it up.

4 Months out

Register on time. The Army 10-miler is limited to the first 20,000 entrants and closes in early July. We sent in our check and received verification.

3 Months out

The next challenge was to get in shape! A two mile run will suffice for the APFT, but 10 miles? Adjust fire on the running circuit and lengthen it to 3 miles on weekdays, 5 miles on weekends.

Race Weekend

Load up and head down to Washington. Transportation arrangements are critical with 20,000 runners. Security concerns preclude parking at the Pentagon, so we hopped on the Metro to the Pentagon. The subway car was a colorful array of runners sporting Army T-shirts, seemingly from every post in the nation: Fort Riley, Fort Sill, Fort Carson, Fort Lewis, West Point. As we emerged from the Metro, the Pentagon loomed to our right. We gazed in silence to see if it was the portion of the building which was impacted on 9-11.

Line Up

We lost no time and headed past a row of porta potties to the starting line. Above us, the Golden Knights with red smoke flares trailing from their boots parachuted into the parking lot. This is definitely an Army crowd: full of diversity, young and old, male and female, Active, Guard and Reserve units.

At 0750, the band began playing the Star Spangled Banner. Although some mistakenly think that the last two words of our National Anthem are "play ball", this assembly stood at attention until the last notes were played. Then, promptly at 0800, the howitzers fired and we pressed forward under a row of green balloons.

The Army 11.2 miler

More T-shirts. There were a number of ROTC units, including the "Irish Battalion" of Notre Dame, New York City Army ROTC, melding with our 5 cadets from UCONN Army ROTC. There were somber T-shirts as well. One shirt proclaimed, "I'm running for someone", with a photo of her daughter and her unit in Iraq. Two women had their deceased spouse's images on their T-shirts

and the dates they died in Iraq.

One runner was on the grass adjusting his prosthetic leg. Another runner had a slow, clumsy gait which marked him as perhaps having cerebral palsy or traumatic brain injury. Individuals like these are truly inspiring and put your own aches and pains into perspective.

At 1 mile, we crossed the Potomac and circled past the Lincoln and Vietnam Memorials. We bowed our heads silently recalling the supreme sacrifices of this President and these soldiers. As we ran down the Mall past the Air and Space Museum toward the Washington Monument police motorcycles were escorting the "elite" runners back toward the Pentagon. What do these guys eat for breakfast?

Mile 5: We passed by the Capitol, and half-smiled that it was "downhill" from this point on. At mile 7, we again passed the Washington Monument and realized that we needed only to hang in there for another few miles.

Mile 9: Everyone is asking, "Are we there yet?" We haven't seen any of those large signs proclaiming "8 miles...9 miles." Runners who were timing themselves were confused that this "10 mile" run was taking longer than expected. The rest of us just plodded along, focusing only on avoiding any holes. What we didn't realize was that the route had been detoured due to a security breach.

Mile 11: The entrance to Arlington National Cemetery signaled the homestretch. Hooah! Keep going! Kick butt! Finally, we passed under the arch of yellow and black balloons marking the finish line. Take off the timing chip. Don't cramp up. Walk another half-mile past the porta johns to the hospitality tents. All of the Army support teams were there to welcome us: Army National Guard, Army Reserve, USAA, Geico, West Point Parent's Club, AUSA. We congratulated each other, posed for victory photos, and devoured breakfast burritos, granola bars and gatorade.

One Year Out

Well, are you ready to set a new goal for yourself? Would you like to drop a few pounds? Get in better shape? Make some new friends? Join the CT Army National Guard team for the 2006 Army 10 (hopefully, not 11.2) miler!



Andrea Oliveira runs for the UConn ROTC team during the Army 10 Miler. (Photo courtesy Lt. Col. Richard Young)

Retirees' Voice

Unstalling the National Defense Authorization Bill

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

At the time of this writing the National Defense Authorization Bill of 2006 has been stalled in the Senate.

There were 280 pending amendments and some White House objections to some of its provisions.

In July as the Senate debated the bill and had gone through some of the amendments, Senator Bill Frist (R-Tenn.), the Senate Majority Leader pulled the bill from the floor.

Then in October, Senator John Warner, the Senate Armed Services Committee Chairman attempted to attach the defense bill, and about 108 of its amendments to the separate 2006 defense appropriations bill (the bill that funds the authorizations).

Since then the appropriations bill has been passed in the Senate. Now it is time to ensure that its provisions can be fulfilled

by having the Authorization bill in effect.

Frist, blaming Democrats for blocking the bill, said he was willing to schedule debate on the bill as long as the number of amendments was reduced to 12 for Republicans and 12 for Democrats.

You will recall that some of the amendments are those that we as retirees would like to see included in the bill such as elimination of SBC and DIC offsets and paid up SBC at age 70 after 30 years of payments and Concurrent Receipt of disability and retired pay.

One troubling aspect of the Amendment (SA 762) by Senator Bill Nelson to eliminate the SBC/DIC offsets is that Warner, Chairman of the Armed Services Committee has filed a secondary amendment (SA 1598) to further study the offset problem.

There has been study after study already

done and this would merely postpone any action on the problem. Now is not the time for another study, so ask your Senator to urge Senator Warner to withdraw his secondary amendment (SA 1598).

If at the time you read this, the Senate version of the National Defense Authorization bill is still stalled we need to contact our Senators and tell them we want S.1042 brought to the floor for a vote.

The Senate legislation includes a \$50 billion dollar emergency fund to keep combat operations running in Iraq, and a 3.1 percent pay-raise for the armed forces.

On another note, the Department of Veteran's Affairs (VA) has received several reports of an organization identifying itself as "Patient Care Group (PCG)" contacting veterans and falsely telling them that PCG is now dispensing prescriptions for VA.

Callers say that they represent the company and ask veterans for a credit card number to ensure that the veteran will continue to receive medications.

Never give your personal information to anyone you do not know. This is a scam.



Recently Retired?

Consider coming back to the Connecticut National Guard.

Call your former unit for more information.

Call the

Handyperson Hotline

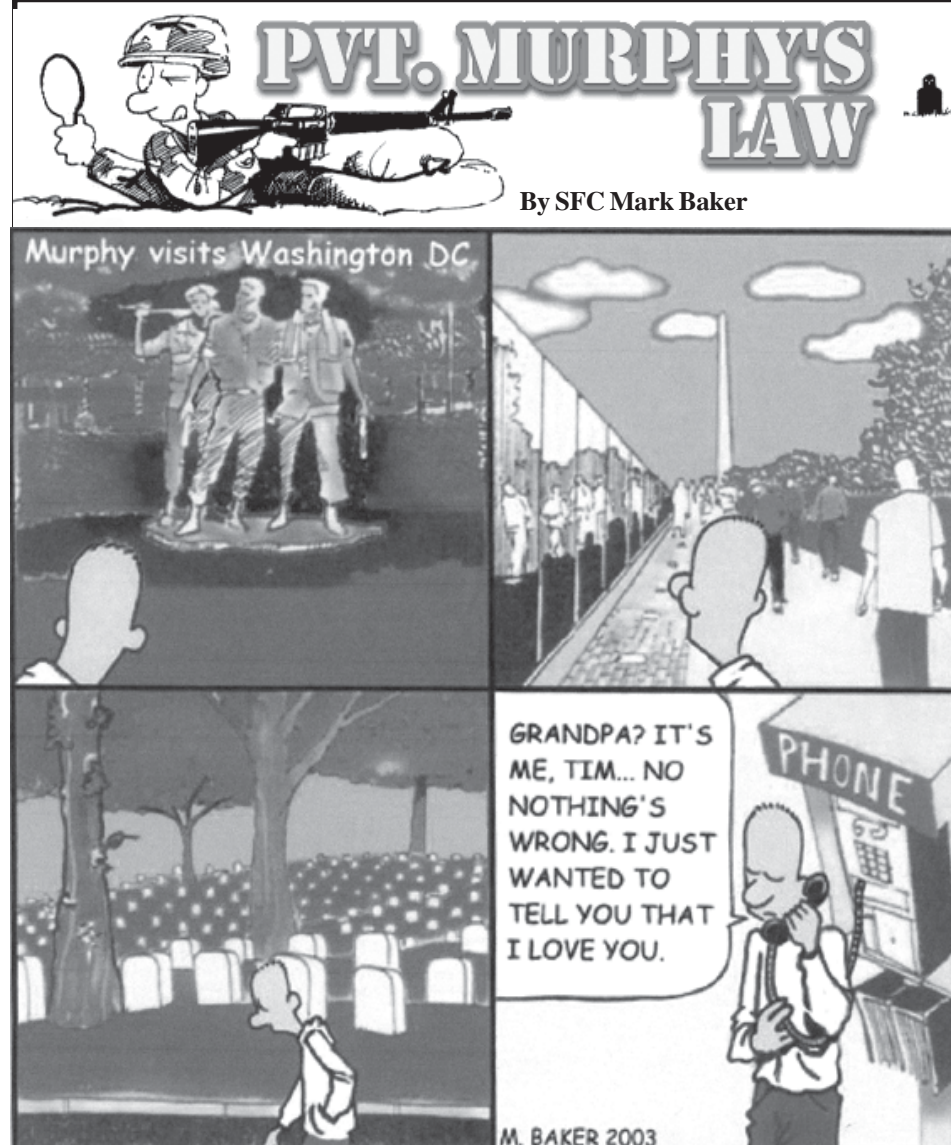
today to volunteer your skills

(860) 209-0770

2nd Louie

By Bob Rosenburgh

The Ultimate Weapon



Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Information Technology Specialist	DOIM	GS-09	Nov. 1, 2005
Heavy Mobile Equipment Repairer	FMS 9	WG-09	Nov. 2, 2005
Sheet Metal Mechanic (Aircraft)	AVCRAD	WG-10/08/05	Nov. 3, 2005
Electronic Measurement Equipment Mech.	CSMS	WG-11	Nov. 4, 2005
Aircraft Mechanic (2)	AASF	WG-10	Nov. 14, 2005
Administrative Assistant (Indef)	JFHQ-CT	GS-07	Nov. 15, 2005
Automotive Worker	FMS 5	WG-09	Nov. 17, 2005
Heavy Mobile Equipment Repairer	UTES	WL-09	Nov. 18, 2005
Aircraft Mechanic	AASF	WG-10	Nov. 18, 2005
Heavy Mobile Equipment Mechanic	CSMS	WG-10	Nov. 21, 2005
Aircraft Electrician	AVCRAD	WG-10	Nov. 25, 2005
Supply Technician	AVCRAD	GS-06	Nov. 25, 2005
Supervisory Human Resources Spec.	HRO	GS-12	Nov. 25, 2005
Equal Employment Manager	HRO	GS-11/09	Nov. 30, 2005

Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Aircraft Survival Equip Repairer	103rd FW	WG-10	Nov. 2, 2005
Logistics Management Specialist	103rd FW	GS-09	Nov. 3, 2005
Electronic Integrated Systems Mech. (Indef)	103rd FW	WG-12	Nov. 14, 2005
Supervisory Human Resources Spec.	HRO	GS-12	Nov. 25, 2005
Human Resources Specialist (Mil)	103rd FW	GS-09	Nov. 30, 2005
Equal Employment Manager	HRO	GS-11/09	Nov. 30, 2005
Accounting Technician	103rd FW	GS-07	Dec. 1, 2005
Military Pay Technician	103rd FW	GS-06	Dec. 1, 2005

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Production Recruiter	Recruiting CMD	SFC/E-7	Open AGR Nationwide
Supply Sergeant	102nd Army Band	Up to E-5	Open AGR Nationwide

Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Aircraft Survival Equip. Repairer	103rd FW	E-4 to E-6	On Board AGR Only
Logistics Management Specialist	103rd FW	E-5 to E-9	On Board AGR Only
Security Forces Journeyman	103rd MSG	Up to E-5	Open AGR Nationwide
Recruiter	103rd FW	E-4 to E-6	Open AGR Nationwide
Security Forces Craftsman	103rd MSG	E-7	On Board AGR Only
Military Pay Technician	103rd FW	E-6 and Below	On Board AGR Only
Accounting Technician	103rd FW	E-6 and Below	On Board AGR Only

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

For Bradley Airbase BRAC Information, vist the
NGACT Website at
www.NGACT.com
or for full BRAC Information, visit
www.brac.gov

Coming Events

November

November 3

Officers' Dining-In
Aqua Turf

November 6

Veteran's Day Parade

November 8

Election Day

November 8

NGACT Executive Board Meeting

November 24

Thanksgiving

November 28

1st Co. Governor's Foot Guard Open House

December

December 3

ASG Welcome Home Luncheon

December 14

NGACT Executive Board Meeting

December 24

Christmas Eve

December 25

Christmas

First Night of Hanukkah

December 31

New Year's Eve

January

January 1

New Year's Day

January 11

NGACT Executive Board Meeting

In future issues

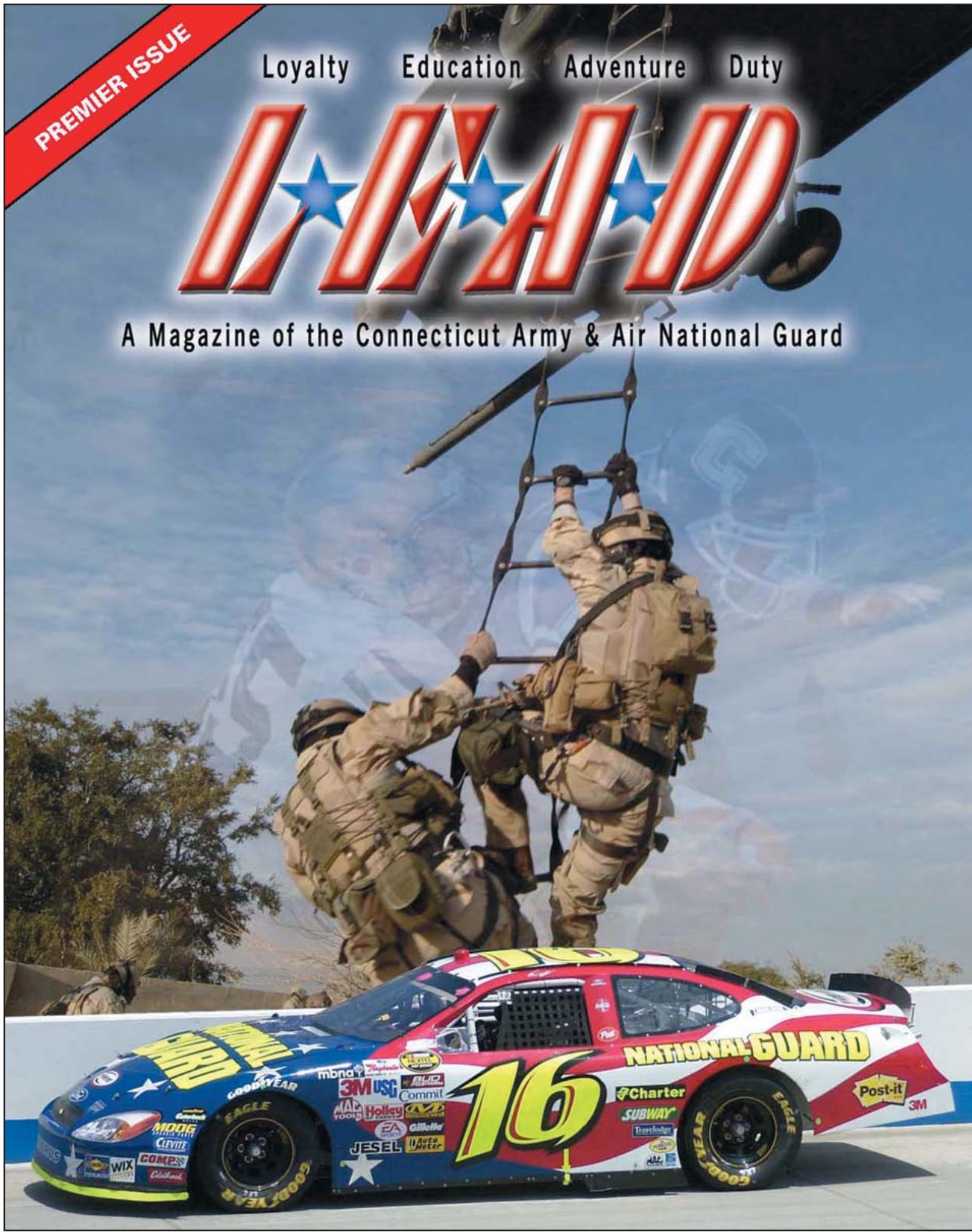
ACS Ribbon Cutting

Connecticut Guardsman Becomes Senior
Enlisted Advisor for Reserve Affairs in Iraq

Domestic Violence

Connecticut Veterans Hall of Fame Inductions

Deadline for submissions is the 15th of the month
previous to publication.



Connecticut
Guard has
new weapon
in recruiting
arsenal

The Connecticut Guard will be unveiling a new weapon in the recruiting arsenal, aimed at high school seniors around the state.

L*E*A*D, a new magazine co-produced by the Recruiting & Retention Command and the State Public Affairs Office will hit news racks in state high schools during this month.

The magazine is a full-color publication featuring articles about Connecticut Army and Air National Guard units and people, recruiting incentives, education benefits and other benefits of membership and will be aimed not only at high school seniors, but their parents, too.

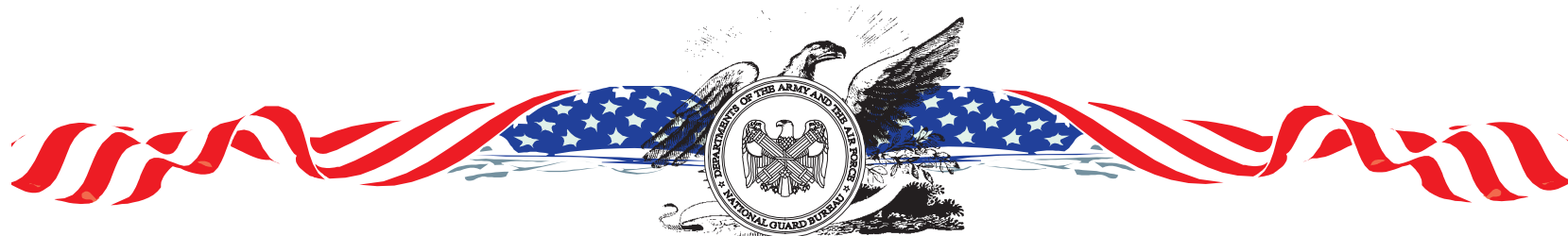
L*E*A*D is a high-impact weapon that will be published four times during the school year and it is hoped that it will aid the recruiting force in its efforts to get the word out about the benefits of membership in the Guard.

L*E*A*D stands for Leadership, Education, Adventure, Duty and its title and title graphics were conceived and designed by college students to appeal to the younger audience. A college communications class came up with the name, a college graphics student and daughter of a Guard member developed the original graphic concept for the flag, or top, of the front page, and the design was refined by another graphic artist and Guard member, Pfc. Tammy Foular.

If you know of a young Soldier or Airman that has a good story to tell about the benefits of being in the Guard, or who uses his or her talents to help in their communities, please let the L*E*A*D staff know by emailing ctguardian@ng.army.mil.

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Family Deployment Supplement to the Connecticut Guardian

VOL. 6 NO. 11

HARTFORD, CT

NOVEMBER 2005

Healthy children require proactive parents

2ND LT. WILLIAM POWELL
325TH FIGHTER WING PUBLIC AFFAIRS

TYNDALL AIR FORCE BASE, Fla. (AFPN) — Eating an apple a day doesn't always keep the doctor away.

This is especially true in children from birth to early adolescence, an age group with especially high illness rates, said Maj. Tamara Hall, the 325th Medical Operations Squadron pediatrics flight commander and nurse practitioner here.

Children carry many viruses because they often share food and drinks with other children, and they don't wash their hands often enough, she said.

Fortunately, parents can help reduce the likelihood of their children getting sick by following a few simple tips, she said.

Since children's immature immunity systems are weak against viruses, parents should try to keep young children away from crowds as much as possible, Hall said.

"Also, teach your children to wash their hands. A good time to start is after you change your baby's diaper. Wash yours and your child's hands. That way, by the time

they reach preschool age, they're used to using the bathroom and washing their hands."

Children also need a nutritious diet and plenty of exercise to remain healthy, said Senior Master Sgt. Ronald Hagen, the 325th Aeromedical-Dental Squadron's certified dietary manager.

"Children should eat six servings of whole grain products, three to five servings of fruits and vegetables, three servings of dairy products and 5 ounces of lean protein each day," he said.

However, most children don't eat the recommended daily servings because of the popularity of high-sugar, high-fat and high-sodium foods that are found in most fast food items and pre-packaged frozen meals are available.

Hagen recommends parents look closely at food ingredients at the grocery store and restaurant, prepare quick and healthy recipes at home rather than eating fast food and encourage exercising. Families can also attend classes or individual instruction on weight management and fitness at any base

health and wellness center.

"For many, nutrition and fitness can be a perfect opportunity to get the whole family involved in decision making," he said.

Eating healthy, exercising and washing hands frequently are excellent ways to proactively maintain good health in children and adults. But parents also need to schedule routine wellness visits with a physician for "preventative maintenance."

Newborns need a wellness visit at the two-week, two-month, four-month, six-month, one-year and 18-month date after birth. Beginning at age 2, children should receive an annual wellness visit near their birthday until they turn 18, Hall said.

Unfortunately, these tips won't cure or prevent all illnesses, and children are likely to pick up between eight to 12 viruses every year if they are in day care, preschool or kindergarten, the major said.

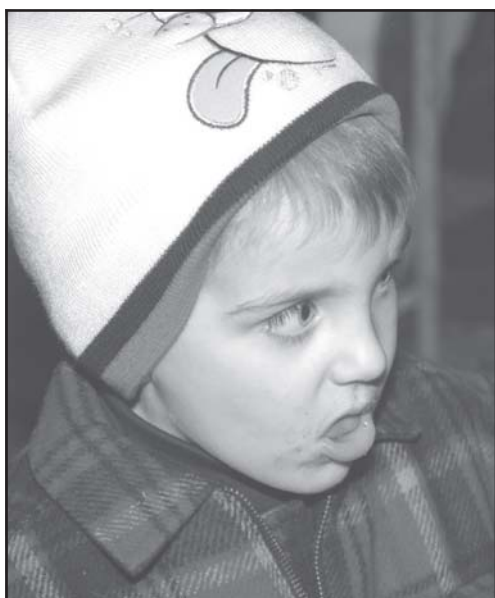
And even though some parents mean well when they give sick children prescription medication, if a doctor did not prescribe the medicine specifically for that child, they could be doing more harm than good, she said.

"Antibiotics are wonderful for treating bacterial illnesses, but the vast majority of illnesses children get are caused by viruses," Hall said. "So giving them an antibiotic may not get them better any faster, but it could cause a severe allergic reaction, cause more antibiotic-resistant bacteria to form or give them an overdose because children prescriptions are based on how much they weigh that day. It's much safer to give them a correct dosage of over-the-counter medication until the child is seen by a doctor."

However, unless a sick child is under 3 years old, has a fever of 103 degrees or above, has difficulty breathing or has had cold symptoms for more than two weeks without getting better, the child won't normally need to see a doctor, the major said.

"The vast majority of children we see have typical viral common-cold symptoms, and although we would love to make them better, there are no medications to kill the viruses," she said.

Be Afraid... Be Very Afraid



Michael Sedor reacts to one of the many scary sights at the Family Program Haunted Garden held at Terra Farms. (Photo by Spc. Jordan E. Werme, 65th PCH)



The Family Program witches stir up a scary brew. (Photo by Spc. Jordan E. Werme, 65th PCH)



Sarah Pelletier shuts her eyes to avoid a scary sight at the Haunted Garden. (Photo by Spc. Jordan E. Werme, 65th PCH)



CATHERINE GALASSO

We give thanks with a grateful heart for our men and women of the military

It was early one crisp, fall evening and I sat on our loveseat in our living room with my five-year-old daughter sitting cross-legged at my feet. As I gently touched her long dark curly hair, she hummed her own rendition of the song, "Give thanks...give thanks...with a grateful heart," and I knew her thoughts were far away from this room in a heavenly realm. She gazed up at me and I saw a hint of moonlight on her sweet face streaming in through the window and caught the purity of her eyes.

I began harmonizing with her, singing aloud the words I knew so well written by Henry Smith... "Give thanks...with a grateful heart. Give thanks to the Holy One." The chorus continues... "And now let the weak say I am strong, let the poor say I am rich because of what the Lord has done for us. Give thanks..."

And at that particular moment, it was as if I were being summoned to recall how precious is every minute.

This past year has brought with it its share of challenges, but I wonder, "Does adversity serve to make us stronger? Compassionate? Wiser? Ultimately bringing us to the place God wants us to be?"

My mind attempting to sort out the myriad of questions I was asking myself contemplated, don't the difficulties we face draw us closer to the One who said, "Give thanks for all things?"

But how do we give thanks when the challenges of life come against us?

And many times we wonder why God lets us go through such trials.

However, God knows that when He puts these things all in His order, they always work together for good. We have to trust Him and, eventually, they will all create something wonderful. Trials can provide the greatest triumphs in our life. Do not look at the outward appearance alone, there are blessed realities beneath. Thankfulness gives us peace, as we are secure in Him, for a single, grateful thought raised to heaven is a perfect prayer.

Even in difficulties, we must have faith. I try never to dwell upon negativity, allowing that poison to haunt my mind. Instead, I search for reasons to be thankful. Have we had hard times this past year? Yes, but God tells us we should give thanks for whatever life brings. And as we do so, victories will happen. God may be working out an inner peace within that may not always be visible. By His grace, His ways are strength, and we will become triumphant.

God is holding us in His mighty hand,

and loves us with all His heart. And as we glorify Him, miracles transpire. We are told to "enter His gates with thanksgiving, and into His courts with praise." (Psalm 100:4). As we give thanks, recalling His innumerable benefits upon our lives, and rejoicing in the abundance of God's tender mercies, it warms the heart and spirit.

Did you notice that thanksgiving is a prerequisite before the peace of God can come to us? It is a formula written by Him to take away worry, anxiety and depression. Thanksgiving must be given in all of our prayers and the result in us is the peace of God.

When I pray, it clears my mind of worry, so I can hear God speak to me. Each day, I ask Him to fill me with His Holy Spirit. It's the only thing infallible. His ways are beautiful and perfect.

Let's ponder on and be grateful for all the wonders that God has done for us, keeping in mind what matters most: Our relationship with the Creator, our beloved family, true friends, good health, our freedom, our great country. Our life is a privilege, a cherished gift. The liberties we have do not come without a price. Many have sacrificed to preserve our freedoms and to defend peace around the world. The courageous men and women of our military, these heroes and their loved ones have the gratitude of our Homeland. We honor you for all that you do and pray that God continues to watch over you and grant you strength, wisdom and comfort.

A reader contributed this quote from Benjamin Franklin, "A man's story is not told solely by a list of his grand accomplishments, but rather by his smaller, daily goods."

For the things that count the most should never be at the mercy of things that mean the least.

Love is the beauty we take with us wherever we go. And I am so grateful for the love that we share, dear Soldiers, for the memories you give me, and the blessings that are borne through your heartwarming letters.

Back in my living room, my precious daughter wraps her arms around me, "I love you, Mama," said the melodic music of her voice. A tear slipped down my cheek as I said not a word. Just holding her tightly I sang, "I give thanks...with a grateful heart. I give thanks to the Holy One."

And I rejoice over you with singing - Zephaniah 3:17

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at anewyou@snet.net © Catherine Galasso, 2005

Letter: I will never be the same woman I was 12 months ago

(Editor's Note: This letter first appeared on the 141st Medical Company's Family Readiness Group's website.)

It's been 362 days since my husband first left for the mob station. It will be three more days until he is home in my arms for good. It has been quite a year.

Sitting here last year this time I wondered how I could get through what we thought would be a 14-18 month deployment. How would I manage the household, the kid, the everyday process of being a responsible adult plus worrying about the safety of my husband and his unit?

I guess there were two options:

1. Whining, crying and complaining
2. Face it head on making a positive experience out of a trying time

I chose to mark each day off the calendar as another day closer to a reunion and another day I had overcome and made the best possible for my Soldier, my daughter and for myself.

I didn't do this alone - I did it with the support of the Family Readiness Group. The 141st Family Support Group was filled with some of the most wonderful, caring, smart people I have encountered.

I decided to throw my efforts into making this group the most functional and productive group we could have. We were a huge success.

At this time, we have raised close to \$6,000 for a kick-butt homecoming party planned for late January. We were able to provide our Soldiers with some fun at the midway mark with a Luau Party in a box for each FOB. We have been on many outings such as the circus, Disney on Ice, as well as some dough raising fundraisers.

We had a great summer picnic thanks to the generosity of our liaison and fearless leader, AnneMarie Stonoha and most recently had a Halloween party for our FRG kids. I am very proud to have been a member of that group and I thank you all for everything you contributed to make the group as successful as it was.

A more personal thanks goes to AnneMarie and Rich you guys were my rock- Thank You!!

Malin, Nikki, Roman, Adrienn and Rosemary, you guys ROCK- Thank You!

So not to mislead you, there were plenty

of the whining, crying and complaining days but that wasn't the majority and it didn't consume my existence. It wasn't because I didn't miss my husband so much at times I thought my heart would break or because I didn't think about the sacrifices that our

family was enduring day after day as our daughter learned something new or went to school for the first time.

It was because I was proud of my husband and the other 53 Soldiers in the 141st Medical Company for the work they were doing to help our fallen and wounded patriots, coalition forces and nationals. Whether I agreed with the war or not, I was and am still proud of my Soldier.

This deployment has taught me a lot about myself. I have learned how strong I actually can be. I have learned extreme patience. I have learned that the Army phrase, "Hurry up and wait," is just that.

I have learned that "FRAGOS gone wild" can both make your day or break your day in the same day. I have learned that the SITREP in Iraq looks very different than the situation report from home - neither is harder or easier just different.

I have come to grips with the fact that a year from now when my husband, daughter and I are pumpkin picking, these last two days of waiting won't have mattered in the grand scheme of things.

I have made some life-long friends that I share a special, unbreakable bond with and I will always cherish that. I have also had some dark times I hope never to have to encounter again.

I will never be the same woman I was 12 months ago but I am a better woman for this experience. With that being said, LET ME BE CLEAR, I've done enough learning and never want to have to go through it again. Thanks for sharing the journey.

With caring,
Michelle Bolduc





HANDYPERSON HOTLINE





"CARRYING THE HOMEFRONT"

**SERGEANT MAJOR
TOBY P. CORMIER**
Ph: 860-441-2984
Cell: 860-209-0770
toby.cormier@ct.ngb.army.mil

Tips to help children during deployments

When a parent is deployed, children need as much routine in their lives as possible. The best predictor of how a child is going to respond when a parent deploys is how the stay-at-home parent is handling the deployment. Children need to know that their parent is stable and can be depended upon. Parents need to encourage children to talk about their feelings rather than express them in unhealthy ways.

Parents should expect that children's behavior might regress until they have acclimated to being without a parent. This regression can include bed-wetting, thumb sucking, tears at bedtime, difficulty getting to sleep and repetitive questions about the

deployed parent. Stay-at-home parents should set clear and loving boundaries so the child can keep his or her focus on school and extracurricular activities. If a child lashes out because a parent is deployed, parents should remember it's a trying time for everyone. Provide the child with consistency, love and tenderness so he or she can work through his or her feelings and stay healthy and happy. For more information, contact the local family support center.

For more information, read the Air Force Print News story at

<http://www.af.mil/news/story.asp?storyID=123012017>

Visit the
Connecticut Guardian
on-line at www.ct.ngb.army.mil

*Let's Celebrate the return
of the 143rd ASG!!*



Please join us for a lunch buffet on December 3 to celebrate the return of our Soldiers.

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556 Mulberry Street

Plantsville, CT

Kay's Pier South Room

Date: December 3, 2005

Time: 11:30-5:00

Cost: \$32.00 per ticket

To Reserve your tickets please call 860-878-6746

Commissary, Fisher House offer scholarships

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Oct. 19, 2005 – The Defense Commissary Agency and the Fisher House Foundation have teamed up again to offer educational scholarships to children of military families and retirees.

The Scholarships for Military Children Program is marking its sixth year, DeCA spokesman Kevin Robinson said. The goal, he said, is to provide at least one \$1,500 scholarship for each of DeCA's 268 commissaries worldwide.

"It's important for us to give back to the military community that we serve," Robinson said. "This is one of the ways we do that, in addition to providing a commissary benefit to our customers." He added, "Helping the children of military families get an education" is a very worthy cause.

Authorized applicants include unmarried children under age 21 of active duty, Guard or Reserve, or military retiree families, Robinson said. Applicants may also range up to 23 years in age if they are enrolled in school.

The application period for this year's DeCA-Fisher House scholarship program starts Nov. 1 and closes Feb. 22, Robinson said.

Application forms for the program will

become available in November for pick-up at commissaries worldwide and for download via the Internet at www.commissaries.com or at www.militaryscholar.org.

Robinson said applicants are required to write and submit an essay on why they admire a great past or present military leader. More than one scholarship per commissary may be awarded, Robinson said. In 2004-05, he said, 500 scholarships were awarded.

The Fisher House Foundation administers the scholarship program, which is funded by manufacturers and suppliers of groceries and services in the commissary system, Robinson said.

Last year, the DeCA-Fisher House program awarded around \$750,000 in scholarships, said David Coker, the Fisher House Foundation's executive director. More than \$3.2 million in scholarships have been awarded since the program began, Coker said. An outside review panel selects scholarship recipients, he noted.

The annual DeCA-Fisher House scholarship program is conducted "to honor those that serve," Coker said.

Fisher House also builds and runs living quarters on the grounds of major military installations and Veterans Affairs medical centers so family members can be close to hospitalized loved ones.



Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory
64 Field Street, Waterbury, CT 06702
(203) 574-2406 Toll Free 866-347-2291
Staff Sgt. Jonathan Duffy

Manchester Armory & AVCRAD
330 Main Street, Manchester, CT 06040
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

103rd FW, Bradley ANG Base
Bldg 8, East Granby, CT 06026
(860) 292-2730 Mrs. Donna Rivera

Hartford Armory
360 Broad Street, Hartford, CT 06105-3795
1-800-858-2677
Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes,
2LT Claude Hibbert, Mrs. Trudy Kaufman and Sgt. Jessica McKenna

Norwich Armory
38 Stott Avenue, Norwich, CT 06360
(860) 823-1342 Ext. 12 Toll Free 866-347-3357
Mrs. Andrea Lathrop

103rd Air Control Squadron
206 Boston Post Road, Orange, CT 06477
(203) 795-2983 Charlie and Jane Solomon

Newington VA Center
555 Willard Ave., Bldg. 1, 4th Floor, Newington, CT 06111
(860) 878-6745 Ms. Melissa Tetro & Sgt. Tamara Jex

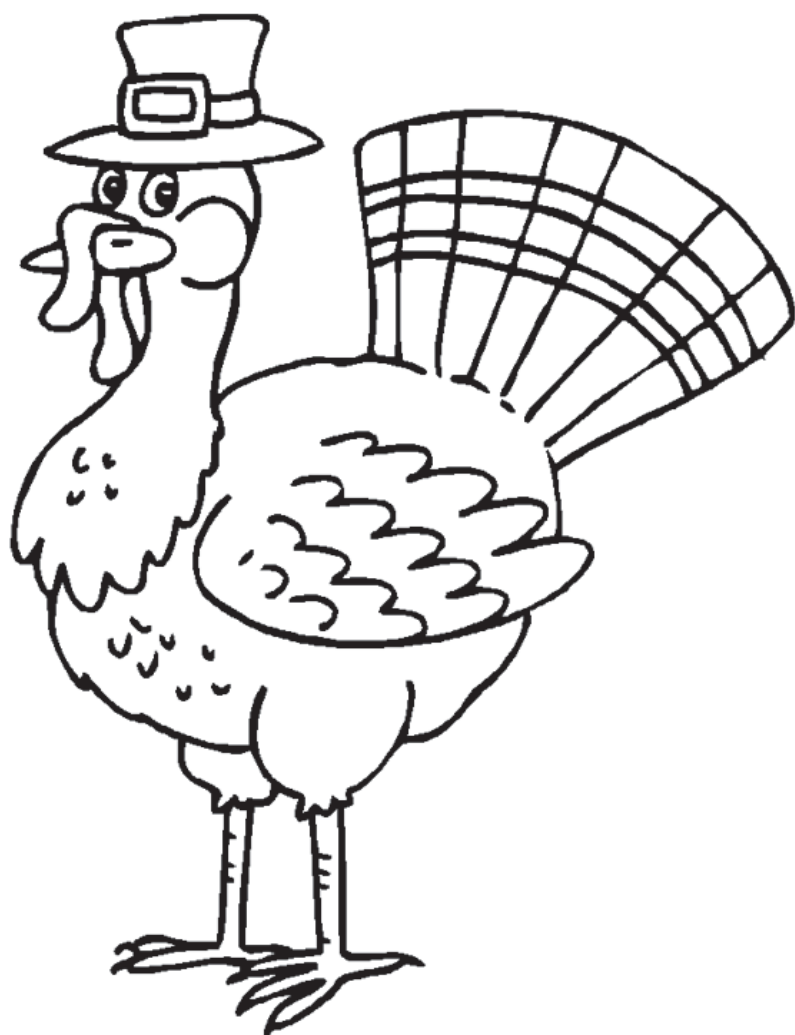
Windsor Locks
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096
(860) 386-4027 Mrs. Rita O'Donnell

Volunteers are needed in each facility.

Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:

kim.hoffman@ct.ngb.army.mil

Please visit our Website at www.ct.ngb.army.mil/family



Kids' Creative Corner

A MONTHLY FEATURE OF
FUN AND EDUCATIONAL
ACTIVITIES